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Focal Point

C A M P U S N E W S

All Students

Dr Colip

On Jan. 12-14, 2009, two accrediting bodies will have representatives visiting ICO to verify materials submitted in ICO's Self Study's for accreditation renewal with both the Accreditation Council on Optometric Education (ACOE) and the Higher Learning Commission (HLC).

A great deal of preparation has been going on behind the scenes at ICO in anticipation of these important visits. Both of these organizations' review and approval of ICO's policies, procedures and operations will allow ICO to retain full accreditation and thus ensuring the ICO Doctor of Optometry (O.D.) degree retains its full value.

Students are encouraged to attend an open session with the entire Site Visit Team on Monday, January 12 at 12:15 p.m. in Room 1201. Those planning to attend are encouraged to RSVP to Kathy Brownfield (kbrownfi@icoo.edu) in Student Affairs in order to plan for the ordering of pizza's. Student leadership (SA) will have an additional meeting with the Site Team on Monday at 4:30 p.m.



Please help welcome our important visitors in January when you see them. If you have any questions regarding the visit or ICO's accreditation, please see Dr. Colip or Dr. Daum.

January
Now is here --
A fine new start
For a whole new year.
The snow comes down
In the dark of night.
When we awake
The world is white.
In January
When there's snow,
We get our sleds
And away we go.
-Unknown

Eyepod Grand Opening and Dedication

Saturday, January 10th

Join us to celebrate the completion of the Enhanced Learning Center - "Eyepod" during the Grand Opening and Dedication event on Saturday, January 10, 2009, from 4:00 - 6:00 p.m.

Students are welcome to attend and share their enthusiasm for the new facilities with the guests.

Student Association News

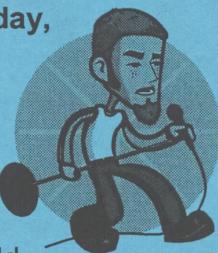
SA Welcomes You Back!

We hope all of you had a very Merry Christmas, a Happy New Year, as well as a relaxing break! As the New Year begins the winter quarter is starting to pick up the pace as we make it through the last 5 weeks of the quarter. We all know that the winter quarter can seem long and dreary, but hang in there whether it be studying ocular anatomy,

practicing BIO, or studying for boards! Remember SA is here for you if you have any suggestions, questions or concerns!

Optometry Night Live – Friday, January 23rd

Are you destined for greatness? The next hottest thing? Then come showcase your talent at this year's Optometry Night Live to be held on Friday January 23, 2009 at 7pm!!! A blindspot in the gym complete with pizza and beverages will precede the event. Admission to the show is \$5, and tickets for food/drinks will be sold. To sign up your act, email Efren Gomez (egomez@eyedoc.ico.edu) with the title, participants names, type of act and length of act by Wednesday January 14th. Get ready for an AWESOME night!



Student Association Scholarship

Here's your chance to win \$1000, \$500, or \$250! Every year the Student Association hosts an essay contest, so please keep your eyes peeled for information regarding the qualifications and this year's essay topic. All details will be sent out to you shortly!

Save the Date

Please add these dates to your calendar, more information will be forthcoming...

Chicago's ninth annual Polar Plunge to support the Special Olympics – Sunday, March 1st

EyeBall (to be held at Adler's Planetarium) – Sat, March 21st at 6pm

Red Cross Blood Drive

The Red Cross Blood Drive is Tuesday, January 20th from 9:30am - 2:30pm in the Gym. Sign up sheets for designated times will be handed around class or can be assigned via email request. Walk-ins are welcome. Come out and donate!! Questions? jdurst@eyedoc.ico.edu

Best of Luck, The Student Association

Liaison Applications

National Liaison applications due January 15, 2009.

The national liaisons serve as a two-way communicator between the allied organization and AOSA. The positions are appointed by the AOSA President-elect by February 15. More information is available at the AOSA board. Please contact Niki or Roman with any questions.

Niki Henriksen, AOSA Trustee

nhenriksen@eyedoc.ico.edu

AOSA Travel Grants

The Vision Care Institute (TVCI) and Allergan Travel Grant Essay Contest are now available. A paper up to 500 words on a selected topic is required. TVCI will award two \$595 Travel Grants to the winners at each of the schools of optometry. Allergan will award two \$500 Travel Grants to each winner at each school. An additional \$1,000 grant will be presented for the three overall winning essays for each contest. The deadline for submission is April 1, 2009 to the Student Affairs Office. Essay winners must be registered for Optometry's Meeting® June 24-28 in Washington DC.

Five Research Awards

American Optometric Association

The Contact Lens and Cornea Section is excited to announce these research awards:



Advanced Medical Optics is supporting a resident award for research papers discussing: "Care and Compliance in Contact Lens Success."

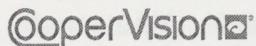


Allergan is supporting a student/resident award for research papers discussing: "Contemporary Management of Ocular Surface Disease."



Shared Passion for Healthy Vision and Better Life

CIBA Vision is supporting a student/resident award for research papers discussing: "Contemporary Management of Astigmatism."



Cooper Vision is supporting a student/resident award for research papers discussing: "Contact Lens Problem-Solving Beyond Oxygen; a Case Report."



Johnson & Johnson Vision Care, Inc.

Vistakon is supporting a student/resident award for research papers discussing: "My Most Challenging Contact Lens Case."

Each award will include:

- One first-place award providing a \$2,000 check, round-trip airfare and two-nights stay at Optometry's Meeting™, as well as meal reimbursement, a plaque, and acknowledgement at the Annual Business Meeting of the CLCS at Optometry's Meeting™ this coming June in Washington, D.C..
- Two "runner-up" awards will provide a \$1,000 check and certificate.
- Submissions must be emailed and mailed to Dr. Mary Beth Rhomberg. More information is in the Student Affairs Office.

Dean's List

The following full-time students achieved superior academic performance during the Fall, 2008 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all Patient Care courses:

| | |
|--------------------------|----|
| Andrzejewski, Tiffany M. | Y3 |
| Ansari, Sabriya | Y1 |
| Bagga, Ujjwal | Y2 |

| | |
|---------------------------|----|
| Bakota, Jill M. | Y3 |
| Bakouris, Christopher J. | Y3 |
| Bansal, Manu | Y1 |
| Bartz, Casey C. | Y4 |
| Battin, Joseph W. | Y3 |
| Beatty, Rachael M. | Y4 |
| Becker, William F. | Y2 |
| Begotka, Brandon A. | Y4 |
| Bertacchi, Zeana B. | Y4 |
| Bertelsen, Kristin L. | Y3 |
| Beyersdorf, Kavit L. | Y4 |
| Bhagat, Anisha B. | Y1 |
| Bialowas, Carolyn A. | Y4 |
| Blow, Ronald K. | Y3 |
| Bluemlein, Matthew R. | Y1 |
| Boon, Staci A. | Y1 |
| Borgman, Christopher J. | Y3 |
| Bowen, Nicholas C. | Y3 |
| Brandt, Jonee E. | Y2 |
| Breuer, Joni R. | Y3 |
| Bukhari, Fatima Z. | Y4 |
| Burgos, Mary G. | Y2 |
| Burton, Jennifer M. | Y3 |
| Bussey, Melissa M. | Y2 |
| Caine, Jennifer L. | Y4 |
| Chandrasekharan, Nivedita | Y1 |
| Chang, Christine | Y2 |
| Chang, Hyewon L. | Y1 |
| Chang, Kuei-Yu | Y1 |
| Chen, Melissa P. | Y4 |
| Chhibba, Mani | Y2 |
| Choi, Jane L. | Y1 |
| Christensen, Krystal A. | Y4 |
| Clements, Jeffrey S. | Y4 |
| Cohen, Stephanie L. | Y4 |
| Collison, Frederick T. | Y3 |
| Colon, Roxana | Y1 |
| Condie, Jessica A. | Y3 |
| Copeland, Gina C. | Y3 |
| Copilevitz, Lori A. | Y3 |
| Crist, Michelle | Y3 |
| d'Entremont, Naomi C. | Y4 |
| Deal, Justin D. | Y2 |
| Deibert, Ryan K. | Y4 |
| Dennis, Jessica N. | Y2 |
| Dhalla, Ruhee | Y3 |
| DiPasquale, Peter | Y4 |
| Diehl, Christopher S. | Y2 |
| Dodgen, Anne E. | Y4 |

| | | | |
|----------------------------|----|-----------------------|----|
| Drees, Adam J. | Y4 | Jackson, Trichelle | Y1 |
| Drey, Eric M. | Y4 | Jeziorny, Lisa M. | Y2 |
| Duong, Le M. | Y4 | Johnson, Jalyn K. | Y3 |
| Durst, Jennifer M. | Y3 | Johnson, Jamie N. | Y3 |
| Eigenberg, Andrea M. | Y3 | Johnson, Kristina M. | Y2 |
| Elton, Thomas L. | Y2 | Johnson, Ryan D. | Y4 |
| Eng, Anne M. | Y3 | Jue, Justin B. | Y4 |
| Estrada, Christina M. | Y3 | Kaler, Jagpreet | Y4 |
| Fan, Carol W. | Y4 | Kamal, Sahar S. | Y1 |
| Fischer, Kristen N. | Y2 | Kanikunnel, Anju M. | Y1 |
| Fitch, Phillip N. | Y3 | Kawecka, Joanna M. | Y4 |
| Fliman, Nelly | Y2 | Kemmerer, Thomas J. | Y1 |
| Flynn, William J. | Y4 | Khan, Samina K. | Y4 |
| Foley, Lauren B. | Y1 | Kim, Debbie J. | Y4 |
| Fong, Sarah M. | Y2 | Klabunde, Jessica L. | Y2 |
| Franz, Spencer D. | Y1 | Klar, Jason G. | Y1 |
| Frohm, Christopher J. | Y1 | Klein, Kelly | Y4 |
| Gaudreau, Parya | Y1 | Kleiser, Melanie J. | Y3 |
| Gehrlein, Emily J. | Y2 | Knapp, Lanae B. | Y4 |
| Gerber, Roman B. | Y2 | Koroll, Cassandra H. | Y3 |
| Gill, Japjeet K. | Y2 | Kosir, Michael F. | Y4 |
| Glose, Jennifer M. | Y3 | Kowalski, Jonathan T. | Y1 |
| Gonzales, Colvert R. | Y1 | Krohn, Courtney A. | Y3 |
| Goodwin, Robert D. | Y4 | Kroll, Christine M. | Y2 |
| Grabar, Kristen A. | Y4 | Kunz, Thomas J. | Y2 |
| Grewal, Camy | Y4 | Kwan, Katherine | Y4 |
| Groshek, Delia A. | Y3 | La, Steven | Y1 |
| Guthrie, Jeffrey K. | Y4 | Laming, Luann R. | Y1 |
| Han, Hannah | Y3 | Lammett, Dannette L. | Y1 |
| Harrison, Catherine A. | Y2 | Landy, Michael V. | Y3 |
| Hasan, Farooq M. | Y1 | Langford, Matthew S. | Y3 |
| Head, Jessica E. | Y1 | Lansink, Lisa | Y4 |
| Hebda, Jonathan E. | Y4 | Le, Lan T. | Y4 |
| Hendrickson, Matthew S. | Y4 | LeBlanc, Karen M. | Y3 |
| Henriksen, Nicole A. | Y3 | Ledford, Joseph A. | Y4 |
| Hermanson, Daniel E. | Y4 | Lee, Christine J. | Y3 |
| Highsmith, Brittany S. | Y2 | Lee, Judith Y. | Y4 |
| Hinderscheid, Cassandra A. | Y2 | Lee, Kara | Y1 |
| Hingle, Sarah S. | Y4 | Lee, Kobie | Y4 |
| Hodgins, Karen M. | Y3 | Lee, Louis K. | Y2 |
| Hontz, Jessica E. | Y2 | Lee, Wilfred Y. Y. | Y1 |
| Horst, Jeffrey D. | Y4 | Lee, Wilson | Y2 |
| Huang, William | Y2 | Leung, Donald | Y2 |
| Huh, Ileen S. | Y3 | Lickteig, Benjamin T. | Y4 |
| Huml, Lindsaey E. | Y3 | Liepins, Melissa A. | Y2 |
| Hur, Linda H. | Y1 | Lillie, Nicholas V. | Y2 |
| Hutchinson, Jason T. | Y1 | Lindsay, Elizabeth R. | Y4 |
| Huynh, Doan Trang T. | Y1 | Liu, Lydia | Y4 |
| Imler, Erica A. | Y4 | Lizik, Chelsea | Y2 |

| | | | |
|-------------------------|----|----------------------------|----|
| Longo, Marian L. | Y2 | Recksiedler, Carmen L. | Y3 |
| Low, Annie | Y4 | Reyes, Catherine M. | Y3 |
| Luu, Mai N. | Y4 | Rickels, Michael D. | Y3 |
| Ly, David | Y1 | Riordan, Kimberly A. | Y4 |
| Maguire, Amanda B. | Y3 | Rodolfo, Lauren A. | Y4 |
| Majewicz, Maria | Y2 | Ross, Kyle D. | Y2 |
| Makoni, Tafadzwa C. | Y2 | Rowe, Sarah L. | Y2 |
| Manastersky, Natalka A. | Y4 | Sacksteder, Ryan T. | Y1 |
| Markowitz, Sharon S. | Y3 | Safratowich, Susan | Y4 |
| Martin, Kelly C. | Y4 | Sajn, Catherine | Y4 |
| Martinson, Christine L. | Y3 | Salami, Nellie N. | Y1 |
| Matsuura, Marjorie Y. | Y1 | Samson, Jamie L. | Y2 |
| McKee, Natalie K. | Y1 | Schaefer, Marie A. | Y2 |
| McPeek, Christa N. | Y4 | Scheurer, Ashley M. | Y3 |
| Menza, Kimberly A. | Y4 | Schuster, Amanda E. | Y2 |
| Meus, Megan L. | Y4 | Seagraves, Sandra K. | Y3 |
| Millet, Lucia E. | Y3 | Seif, Noha | Y2 |
| Milunas, Viktoria V. | Y1 | Seiler, Allyson M. | Y4 |
| Mok, Miranda J. | Y4 | Serati, Sara M. | Y1 |
| Montreal, Meghan E. | Y2 | Setork, Sheila M. | Y2 |
| Motisi, Heather M. | Y1 | Seweryniak, Alicja J. | Y4 |
| Mulanix, Gerianne J. | Y3 | Sexton, Audra | Y1 |
| Murphy-Watt, Katherine | Y2 | Shah, Hetal I. | Y4 |
| Na, Liah R. | Y1 | Shah, Puja | Y3 |
| Nau, Cherie B. | Y2 | Sharma, Balraj R. | Y2 |
| Nebelsick, Keri D. | Y2 | Shelus, Elizabeth J. | Y2 |
| Nehls, Alicia A. | Y2 | Shepelenko, Marina | Y3 |
| Nguyen, Tony T. | Y4 | Simenson, Anne M. | Y1 |
| Nosi, Iva | Y4 | Siragusa, Melisa | Y1 |
| O'Brien, Patrick J. | Y4 | Sivanesan, Renuka | Y4 |
| Oliver, Kelly D. | Y3 | Slusky, Joanna E. | Y3 |
| Olson, Ross J. | Y2 | Sohal, Baljit S. | Y1 |
| Ottaviano, Adam J. | Y3 | Solomon, Michelle A. | Y1 |
| Pandya, Aalok P. | Y4 | Specht, Jennifer J. | Y2 |
| Pappas, Priscilla A. | Y4 | Spitz, Melissa A. | Y1 |
| Park, Ellen | Y1 | Springstroh, Cory A. | Y3 |
| Park, Jenny Joo-Won | Y4 | Srednick, David A. | Y4 |
| Parsons, Jami B. | Y4 | Stewart, Shane C. | Y3 |
| Patel, Parisha P. | Y1 | Stola, Katherine A. | Y3 |
| Patel, Poonam S. | Y2 | Suen, Nancy H. | Y1 |
| Patterson, Leslie E. | Y4 | Suleman, Alysha | Y2 |
| Peotter, Callie M. | Y4 | Sullivan, Megan | Y4 |
| Peralta, Emily F. | Y1 | Sun, Robert B. | Y1 |
| Pettijohn, Maxwell R. | Y2 | Surber, Lexi A. | Y2 |
| Pieper, Brian | Y1 | Swartzentruber, Rebecca A. | Y2 |
| Porter, Erika K. | Y2 | Sweeney, Amy S. | Y2 |
| Posthuma, Danielle J. | Y1 | Tabakman, Olga | Y3 |
| Qtami, Jeries M. | Y1 | Tailor, Kamini N. | Y2 |
| Ratermann, Stefanie M. | Y2 | Talaber, Alexandra A. | Y1 |

| | |
|--------------------------|----|
| Tan, Jingyi | Y3 |
| Tang, Patricia B. | Y1 |
| Tanke, Anna L. | Y3 |
| Thelen, Rachel L. | Y1 |
| Thobani, Azzrah | Y4 |
| Thoele, Jonathon P. | Y1 |
| Thoele, Ryan S. | Y2 |
| Thomas, Amy C. | Y2 |
| Thompson, Nagmeh R. | Y1 |
| Todd, Ann E. | Y3 |
| Toderian, Anna C. | Y1 |
| Tonozzi, Jacob J. | Y2 |
| Tran, Katherine N. | Y3 |
| Tran, Mailan D. | Y3 |
| Tran, Michael D. | Y1 |
| Trieu, Kevin | Y3 |
| Trinh, Lilian M. | Y1 |
| Troy, Alexandra M. | Y1 |
| Turner, Brady D. | Y2 |
| Ullmann, Scott M. | Y1 |
| Ung, Susan A. | Y3 |
| Vaassen, Samantha R. | Y2 |
| Van, Nancy K. | Y4 |
| Vendegna, Nicole L. | Y4 |
| Virji, Nysha | Y3 |
| Vogt, Sierra N. | Y2 |
| Vroom, Kayla L. | Y1 |
| Walz, Allison S. | Y4 |
| Wang, Weihan | Y1 |
| Ward, Christine A. | Y4 |
| Watercott, Nina M. | Y1 |
| Watson, Michelle M. | Y4 |
| Werner, William A., Jr. | Y2 |
| Whittenhall, Victoria R. | Y1 |
| Wilhite, Jeffrey P. | Y1 |
| Williams, Stacy A. | Y4 |
| Wolan, Margaret | Y1 |
| Woo, Eric A. | Y4 |
| Yam, Jane | Y4 |
| Yeh, Annie | Y2 |
| Yong, Gary K. | Y4 |
| Yoon, Grace | Y1 |
| Zarn, Melissa A. | Y4 |
| Zemke, Alex C. | Y1 |
| Zoeckler, Brandon T. | Y1 |
| Zuniga, Marilyn E. | Y1 |

Financial Aid FAFSA News!

It's that time of year again- time to file your FAFSA for the 2009-10 academic year. We encourage you to complete your FAFSA as soon as possible- and are asking that you **complete it by Feb 28th** in order to ensure that your summer funds arrive on-time.

This is especially critical for Class of 2010 and 2011 as this FAFSA will be used to establish your summer loan monies. You can complete the 2009-10 FAFSA online at www.fafsa.ed.gov. Our school code is 001689.

You will notice that there is NOT a renewal option for 2009-10, however, if you completed a FAFSA during 2008-09, your demographic information will automatically populate in your FAFSA.

Just as a reminder, we **HIGHLY ENCOURAGE** you to submit your parents' information with your FAFSA. This allows you to apply for the Health Professions Student Loan- a 5% subsidized loan. If you do not supply parent data, we cannot consider you for this loan. Since funding for this program is limited, it is important that we receive your parent data on your initial FAFSA (versus adding it later in the year). Parent data is only used to determine eligibility- if your parent data doesn't qualify you for the Health Profession's Loan, it is ignored. So, there is no risk to your financial aid in providing the information.

As always, be sure to answer all of the questions on the FAFSA. If an answer is zero, please do not leave the item blank- just answer 0. On the FAFSA, "blank" doesn't translate into zero- it translates to ineligibility (the assumption is that it's a very high number that you don't want to tell us about).

Feel free to contact us with any questions: finaid@ico.edu or 312.949.7441

Did you Know?

Dr. Colip

Dynamic In Vitro Dehydration Patterns of Unworn and Worn Silicone Hydrogel Contact Lenses

These researchers set out to evaluate the effect of wear on dynamic in vitro dehydration of silicone hydrogel (Si-Hi) contact lens (CL) using a previously described gravimetric procedure. Five different silicone hydrogel (Si-Hi) contact lenses (CL) were evaluated after being worn by patients under daily wear conditions for 15 days to one month. Lenses were conditioned and disinfected with a multipurpose solution after each day of wear. Lenses were left to dehydrate in an analytical balance under controlled conditions of temperature and relative humidity and the results compared with data from new lens samples of the same power and material. Several quantitative parameters were obtained and compared between worn and unworn samples.

The quantitative parameters derived from the dehydration curves showed statistically significant differences between worn and unworn lenses regarding the initial dehydration rate and ability to maintain their original hydration. Worn lenses showed shorter phase I duration (decreased by 30 to 60% compared to unworn samples), a significantly faster initial dehydration rate (increased by about 1%/minute), and lower water retention index (decreased by 10 to 20%) as derived from the initial cumulative dehydration. All the differences were statistically significant for all lenses ($p < 0.05$).

The authors concluded that the initial dehydration rates were significantly increased in all CL after wear. This could be of clinical interest because it represents the average initial dehydration rates during the first moments when the lens is left to dehydrate after a blink. This study suggests that even after the lenses had

been equilibrated in saline solution for several days, the materials lose their ability to retain water.

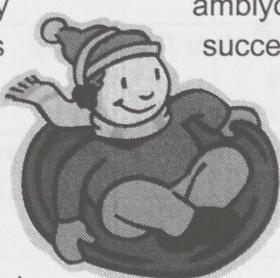
Gonzalez-Mejome JM, Lopez-Alemany A, Almeida JB, Parafita MA. Dynamic in vitro dehydration patterns of unworn and worn silicone hydrogel contact lenses. *J Biomed Mater Res B Appl Biomater* 2008.

Mainos Memos

Amblyopia: More than Visual Acuity

A review article on amblyopia by Simons in the Survey of Ophthalmology noted that amblyopia has a prevalence of 1.6-3.6%, but is usually higher in the medically underserved (the population we typically examine). They also noted that it is a more complex phenomenon than visual acuity loss and that the "better seeing eye" has deficits as well. To put it simply, much of what we call amblyopia is a BRAIN problem. This is a major shift in how much of optometry and certainly, ophthalmology perceives amblyopia. Unfortunately, he goes on to note that "Refractive correction alone may successfully treat anisometropic amblyopia and minimal occlusion, and/or catecholamine treatment can provide initial vision improvement." Why is this unfortunate? Because it reveals once again that the main concern for treatment centers on visual acuity and not neuroplasticity and brain function. How does improving the visual acuity of the amblyopic eye improve the functioning of the "better seeing eye"? How does improving visual acuity improve the other dysfunctions (accommodative, oculomotor, visual-spatial) typically associated with amblyopia?

Simons goes on to state that successful treatment can be achieved in up to 83% of amblyopic patients. I wonder what the success rate would be if optometric vision therapy was conducted on these patients in conjunction with the usual treatment of spectacles and occlusion? Optometric vision therapy takes advantage of the neuroplasticity of the system and uses



those 10 Key Principles of Rehabilitation I wrote about in the last issue.

He also wrote that the age at treatment onset is not predictive of outcome. Or as I've stated previously, amblyopia is treatable at any age. Please keep this in mind as you examine our patients in the Primary Care Service (actually any IEI Service). Older children and even adults may benefit from a comprehensive amblyopia evaluation and treatment in our Peds/VT Service. Of the approximately 30,000 patients the IEI saw last year, we should have seen more than 1000 patients with amblyopia. Of those 1000 patients, how many did you refer to the Peds/BV Service?

Information obtained from: Simons K. Amblyopia characterization, treatment, and prophylaxis. *Surv Ophthalmol*. 2005 Mar-Apr;50(2):123-66. For additional information regarding children's vision go to <http://www.mainosmemos.blogspot.com>.

Spotlight on the Library

by Kathryn Johnston

Information Systems Librarian

Happy New Year and welcome back!

The Library will be closed Monday, January 19th, in order to celebrate the Martin Luther King Holiday. The Library

will be open normal hours Saturday-Sunday, January 17-18, and beginning again on Tuesday, January 20, 2009.

New Poster In Library Lobby

"Macular Sequelae and Visual Variability in Two Cases of Retinal Artery Macroaneurysm" by Drs. Timothy Tsang, and Tricia Newman. Take time to review their work but please direct all questions to the authors.

CLASSIFIEDS

No Classifieds at this time.

RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

Group Health Cooperative

Residency in Primary Care Optometry

Northgate Medical Center – Seattle, WA

And

Tacoma Eye Care Center, Tacoma, WA

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

| Scholarship | Who's Eligible | Amount | Deadline |
|--|--|---|---|
| Alcon 4th Year Optometry Student 2009 Case Study Award | 4 th Year Write a case report | \$1,000, National winner additional \$5,000 | January 31, 2009 to Student Affairs Office |
| Varilux® Student Grant Award Program | <ul style="list-style-type: none">3rd and 4th Year Optometry Students2000 word Case Report in electronic form | \$1,000 and entry to national judging | Due to Student Affairs in an electronic version by Jan 15, 2009 |

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|--|--|--|---|
| Chicago Area Schweitzer Fellows Program | <ul style="list-style-type: none"> Health professions, Graduate level-degree in Chicago Area Projects include 200 hrs through a community based agency | \$2,000 stipend | Applications received by Friday Feb 6, 2009 to the Chicago Area Schweitzer Fellow Program |
| USA Funds Access to Education Scholarships | <ul style="list-style-type: none"> Annual adjusted gross family income of \$35,000 or less | \$1,500 | Feb 16, 2009 |
| Jewish Federation Scholarship | <ul style="list-style-type: none"> Jewish Born or raised in Chicago or suburbs Helping profession | Amount Varies | Feb 16, 2009 http://www.jvschicago.org/scholarship/ |
| AOA – InfantSEE® sponsored by Vision West | <ul style="list-style-type: none"> 3rd year Good academic standing Paper not more than 1,000 words | \$5,000 and runner up is \$2,500 | Due to Student Affairs by Feb 23, 2009 |
| AOA- Healthy Eyes, Healthy People Scholarship Grant by C&E Vision | <ul style="list-style-type: none"> 3rd year Good academic standing Paper not more than 1,000 words | \$5,000 and runner up is \$2,500 | Due to Student Affairs by Feb 23, 2009 |
| AOA - The 2009 Seymour Galina Grant | <ul style="list-style-type: none"> 3rd year Good academic standing Paper not more than 1,500 words | \$2,5000 | Due to Student Affairs by Feb 23, 2009 |
| Indian Health Services Scholarship | <ul style="list-style-type: none"> American Indian or Alaskan Native Be enrolled in health program Want to serve Indian people | Amount Varies | Feb 28, 2009 http://www.ihs.gov/JobsCareerDevelop/DHPS/Scholarships/index.cfm |
| Transitions Optical Students of Vision Scholarship | <ul style="list-style-type: none"> Creative project | \$1,000, 1 st place \$750, 2 nd place \$500, all others | March 1, 2009 www.healthysightforlife.org |
| AOA, Contact Lens and Cornea Section – Five research awards, AMO (resident only award), Allergan (student/resident), CIBA Vision (student/resident), Cooper Vision (student/resident) and Vistakon (student/resident) | <ul style="list-style-type: none"> Research Paper on variety of topics Member of CLCS Present at AOA CLCS Annual Optometry Meeting™ in Washington in June | \$2,000 and ticket/lodging to Optometry Meeting™ (and plaque) \$1,000 runner - up | March 15, 2008 |
| Dr. Stanley Pearle Vision Scholarship Fund | <ul style="list-style-type: none"> Graduating class of 2010, 2011, and 2012 | (10) \$2,000 | April 15, 2009 |

| | | | |
|---|---|---|---------------------------------------|
| Hoya Vision Care Grant and Scholarship Program | <ul style="list-style-type: none"> • 3 and 4 year optometry students • Case report | \$1,000 to each school, \$6,000 winner overall | April 1, 2009 to SAO |
| AOA - Allergan Travel Grant Essay | <ul style="list-style-type: none"> • AOSA member • Good academic standing • Essay 500 word maximum • Attend Optometry's Meeting® - June | (2) \$500 travel grants \$1,000 overall winner | April 1 st 2009 |
| AOA - The Vision Care Institute Travel Grant Essay | <ul style="list-style-type: none"> • AOSA member • Good academic standing • Essay 500 word maximum • Attend Optometry's Meeting® - June | (2) \$595 travel grants \$1,000 overall winner | April 1 st 2009 |
| John Gyles Education Fund | <ul style="list-style-type: none"> • Full time student in college • GPA of 3.0 • Citizen of Canada or U.S. | Up to \$3,000.00 | Mailed by June 1 st , 2009 |

The Student Affairs Office has more information, so stop by and check it out

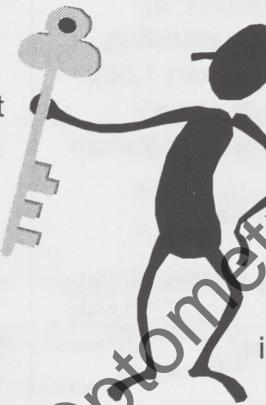
FITNESS CORNER

January Health & Wellness: Resolution

Time?

There is a right way and a wrong way to make a New Year's resolution. Here are a few expert tips to see that your resolution actually makes a difference:

1. Try Again
2. Don't make too many resolutions
3. Make a plan and write it down
4. Outline your plan
5. Get support from friends and/or family
6. Forgive yourself for slip ups
7. Reward yourself

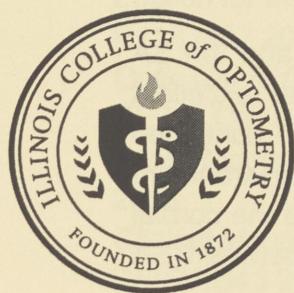


Find more detailed information at the main Fitness Center bulletin board.

Fitness Around Chicago

Looking for fun activities around Chicago? Workouts inside getting a little stale? Whether you just want to get out and explore this great city or just need some variety in your exercise program, visit <http://theview.ico.edu/ics/Fitness/> for info on upcoming fitness related events around Chicago.





Focal Point

C A M P U S N E W S

Update on World Sight Day

After all the online donations were included, ICO's official contribution to Optometry Giving Sight tallied \$5,459.55. This money is being used in Australia, Sumba, East Timor, Sri Lanka, Malawi, Zambia, South Africa, and Latin America, with a large part being donated to VOSH International. For more information please visit www.givingsight.org. Thanks again to everyone who helped out and donated to this wonderful cause.

Interested in Becoming a Local Liaison?

If you would like to get involved, several liaison positions are available, including AOA-PAC, NBEO, COVD, CLCS, AFOS, APHA, and ASCO. Your role is to find out as much as you can about your organization and keep ICO students informed about it. You would

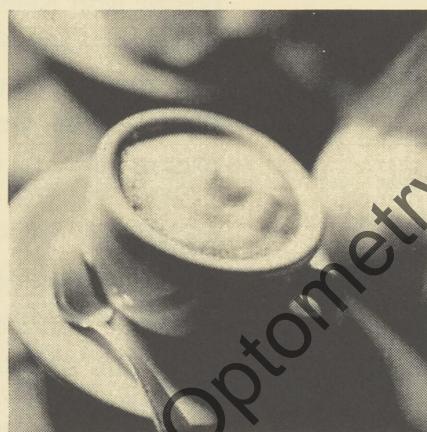
distribute any information/materials from your national liaison, publicize any available scholarships, update your bulletin board, encourage student participation, and possibly host speakers and attend conferences. If you have no idea what any of these acronyms stand for and would like more information, please see the AOSA board in the president's lounge and contact Niki or Roman.

AOSA Trustee-elect Elections

It is time to elect a new TE for AOSA. This is a great way to get involved with organized optometry at the national level, as well as here at ICO and in Illinois. Applications include a paragraph on why you would like to be involved with AOSA and why you are qualified. Applications should

be emailed to romangerber@gmail.com and are due on February 4th, by 5:00 pm. If you would like to know more about the position, please email Niki or Roman.

*Niki Henriksen, ICO
Trustee 2008-09,
nikihenriksen@gmail.com*



**"Brew me a cup for a winter's night,
For the wind howls loud and the furies fight;
Spice it with love and stir it with care,
And I'll toast our bright eyes,
my sweetheart fair."**
- Minna Thomas Antrim

SA News

Optometry Night Live Tonight -

Friday, January 23rd at 7 pm

A blindspot in the gym complete with pizza and beverages will precede the event. Admission to the show is \$5, and tickets for food/drinks will be sold. Get ready for an AWESOME night!



Student Association Scholarship

Here's your chance to win \$1000, \$500, or \$250! Every year the Student Association hosts an essay contest, so please keep your eyes peeled for information regarding the qualifications and this year's essay topic. All details will be sent out to you shortly!

Save the Date

Please add these dates to your calendar, more information will be forthcoming...

- Chicago's ninth annual Polar Plunge to support the Special Olympics – Sunday, March 1st
- EyeBall (to be held at Adler's Planetarium) – Sat, March 21st at 6 pm

From Dr. Colip:

Courtney,

Thanks for the well-written proposal from SA regarding access to the new Third Floor facilities at ICO. I'm pleased to report that two of the items requested have been completed. ICO Security has informed me that the doors from the Parking Garage to the 3rd Floor will be unlocked during regular College operating hours. Also, the south stairwell doors providing access to the 3rd Floor, will also be unlocked during regular College operating hours. Both are effective immediately.

The two remaining items regarding a change in policy for student access to laboratories requires additional input and discussion by faculty and thus will take a bit longer to address completely. I ask for your patience as Dr. Daum

navigates that request through the faculty process.

Once again I want to thank you and the SA Board for your helpful input and excellent recommendations for continued improvements to the learning environment here at ICO. I sincerely appreciate the cordial working relationship that exists between SA and ICO's Administration.

Kind regards,

Dr. Colip

Spotlight on the Library

By Kathryn Johnston

Information Systems Librarian

Prize Winning Poster In Library Lobby

"In Vivo Orthokeratological Corneal Changes Observed with Optical Coherence Tomography" by Drs. Janice Jurkus, Gary Gunderson, and Rebecca Zolotoski. This poster won Second Place at the 2009 Global Specialty Lens Symposium in Las Vegas, NV this month. Congratulations to the authors. Please take time to review their work and please direct all questions to the authors.

Facebook

Become a fan of the Carl F. Shepard Library! Visit our Facebook page and see our latest news and updates. We welcome suggestions on how we can serve you all better and stay connected. Improve your image—please send any pictures of you in the Library to Theresa Ciupinski at tciupinski@ico.edu and we may place it on the Facebook page.

New Books

Dr. Mary Flynn-Roberts has donated to the library a copy of *The Last Lecture*, by Randy Pausch, QA76.2.P38 A3 2008.

Other books recently added to the Library include:

Women of Ophthalmology: Observations on Gender Issues in Eyecare, R692.W6 2006

Eye Cancer Research Progress,

RC280.E9E94 2008

Good Practice: Communication Skills in English for the Medical Practitioner,
R118.M32 2008

Optic Nerve Disease Research Perspectives,
RE727.O648 2008

Face Recognition: New Research, BF242.L44 2008

Clinical Manual of Contact Lenses, 3rd ed.,
RE977.B43 2009

The following DVDs are shelved at the second floor media desk. They can be checked out for a week, but also renewed:

Basic Pilates, DVD 23

Simple Stretches, DVD 24

Pilates for Men, DVD 25

Fundamentals of Ophthalmic Medical Assisting, DVD 22

Good luck with your studies and we look forward to seeing you in the Library!

Did you Know?

Dr. Colip

Ischemic Optic Neuropathy

Ischemic optic neuropathy is one of the major causes of blindness or seriously impaired vision, yet there is disagreement as to its pathogenesis, clinical features and especially its management. This is because ischemic optic neuropathy is not one disease but a spectrum of several different types, each with its own etiology, pathogenesis, clinical features and management.

Ischemic optic neuropathy is primarily of two types: anterior (AION) and posterior (PION), involving the optic nerve head (ONH) and the rest of the optic nerve respectively. Furthermore, both AION and PION have different subtypes. AION comprises of arteritic (A-AION - due to giant cell arteritis) and non-arteritic (NA-AION - due to causes other than giant cell arteritis). NA-AION can be further classified into classical NA-AION and incipient NA-AION. PION

consists of arteritic (A-PION - due to giant cell arteritis), non-arteritic (NA-PION - due to causes other than giant cell arteritis), and surgical (a complication of several systemic surgical procedures). Thus, ischemic optic neuropathy consists of six distinct types of clinical entities. NA-AION is by far the most common type and one of the most prevalent and visually crippling diseases in the middle-aged and elderly. A-AION, though less common, is an ocular emergency and requires early diagnosis and immediate treatment with systemic high dose corticosteroids to prevent further visual loss, which is entirely preventable. Controversy exists regarding the pathogenesis, clinical features and especially management of the various types of ischemic optic neuropathy due to multiple misconceptions about its many fundamental aspects.

Recently emerging information on the various factors that influence the optic nerve circulation, and also the various systemic and local risk factors which play important roles in the development of various types of ischemic optic neuropathy have given us a better understanding of their pathogeneses, clinical features and management. This knowledge should help us not only to manage them better but also reduce their incidence. For example, clinically, the evidence that about 40% of NA-AION eyes experience spontaneous improvement in visual acuity and that systemic steroid therapy during early stages in both NA-AION and NA-PION has a significant beneficial effect for visual outcome are encouraging developments.

SOURCE: Hayreh SS. Ischemic optic neuropathy. *Prog Retin Eye Res* 2008 Nov 27 [Epub ahead of print].

Mainos Memos

Vision Therapy Improves Reading

Five to 10% of the United States population or up to 30 million men, women and children have dyslexia. Many more have other kinds of reading problems. Treatment, up to now, has been debated...

with some experts saying dyslexia was only an educational issue, only a language/auditory processing issue, or only a vision problem. As optometrists, we know that a reading disability often includes all of the above, and by remediating the vision problems present, we can make sure that the patient is receiving the best possible care.

In a recently published article in Optometry & Vision Development (OVD), Professors Burkhardt Fischer and Klauss Hartnegg of the Optomotor laboratory of the University of Freiburg in Germany, noted that by improving antisaccade control, reading also improved. Go to <http://www.covd.org/Portals/0/Saccade%20Control%20in%20Dyslexia.pdf> for the complete article. OVD is indexed in the directory of Open Access Journals and all articles are available to the public free of charge.

National Public Radio (NPR) Podcast on Amblyopia, Stereo-blindness & Adults

A member of the NPR team, who has strabismic amblyopia, discusses optometric vision therapy for adults with stereo-blindness. He interviews Dr. Dennis Levi, Dean of the Optometry program at the University of California, Berkeley. Listen to the discussion by clicking [here](#)

<http://www.npr.org/templates/player/mediaPlayer.html?action=1&t=1&islist=false&id=99083752&m=99108767>.

This should once again remind you that optometric vision therapy can be used for individuals of all ages. When in doubt, refer to the Peds/BV Service. Let us evaluate your patient. Let us offer possibilities to your patient that they may not realize are available. Questions? Contact me.

For the latest in eye and vision care in children, binocular vision and more, go to <http://www.mainosmemos.blogspot.com>.

Dr. Dominick M. Maino,

Tech Tips

Ahmed Mohammad

How to increase the font size in Internet Explorer

Launch Internet Explorer. In the upper-right corner of the screen, click the drop-down menu for Page.

Choose Text size

Choose Larger

IS contact procedures.

Phone calls or voice mail to x 7500 or email to support@ico.edu are the expected methods for contact the support team with a problem.

1. Phone Request: Contact x 7500 for a medium or high priority request. To properly prioritize your problem or request, please be as descriptive as possible by describing the problem, workstation location and person to contact along with their extension. Press 1 for normal priority messages or press 2 for major system emergencies. If option 2 is selected, calls will be forward to x4500 and the person on-call will be paged.

2. System Support Email: a. Non-emergency priority problems, or requests such as installing new software, hardware, etc., can be sent via email to support@ico.edu. The email should be as descriptive as possible, including the problem, workstation location and person to contact along with their extension.

CLASSIFIEDS

Help Wanted

Biomed Assistant needed for minor equipment repair. Flexible hours. For more information call Andy Fabrizius at ext. 7190

R E S I D E N C I E S

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

Florida, Fort Lauderdale

Nova Southeastern University, Primary Care with emphasis in Ocular Disease

Missouri

- College of Optometry Residency in Cornea and Contact Lens

- Residency in Pediatric Optometry Children's Mercy Hospitals and Clinics
- Ocular Disease and Low Vision Rehabilitation, Kansas City VA Medical Center
- Primary Care/Low Vision Rehabilitation at the Robert J. Dole VA Medical Center, Wichita, Kansas
- Primary Care/Geriatrics St. Louis VA Medical Center
- College of Optometry Residency in Pediatrics and Binocular Vision

S C H O L A R S H I P S

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

| Scholarship | Who's Eligible | Amount | Deadline |
|--|--|---|---|
| Alcon 4th Year Optometry Student 2009 Case Study Award | <ul style="list-style-type: none"> • 4th Year • Write a case report | \$1,000, National winner additional \$5,000 | January 31, 2009 to Student Affairs Office |
| Chicago Area Schweitzer Fellows Program | <ul style="list-style-type: none"> • Health professions, Graduate level-degree in Chicago Area • Projects include 200 hrs through a community based agency | \$2,000 stipend | Applications received by Friday Feb 6, 2009 to the Chicago Area Schweitzer Fellow Program |
| USA Funds Access to Education Scholarships | <ul style="list-style-type: none"> • Annual adjusted gross family income of \$35,000 or less | \$1,500 | Feb 16, 2009 |
| AOF – Carl Zeiss Vision Fellowships | <ul style="list-style-type: none"> • 3rd • One page statement • Curriculum Vitae | \$5,000 | Due to SAO electronically Feb 16, 2009 |
| Jewish Federation Scholarship | <ul style="list-style-type: none"> • Jewish • Born or raised in Chicago or suburbs • Helping profession | Amount Varies | Feb 16, 2009 http://www.jvschicago.org/scholarship/ |
| AOA – InfantSEE® sponsored by Vision West | <ul style="list-style-type: none"> • 3rd year • Good academic standing • Paper not more than 1,000 words | \$5,000 and runner up is \$2,500 | Due to Student Affairs by Feb 23, 2009 |
| AOA- Healthy Eyes, Healthy People Scholarship Grant by C&E Vision | <ul style="list-style-type: none"> • 3rd year • Good academic standing • Paper not more than 1,000 words | \$5,000 and runner up is \$2,500 | Due to Student Affairs by Feb 23, 2009 |

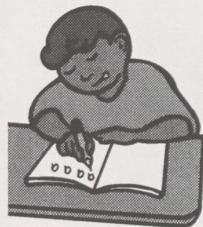
| | | | |
|--|--|--|---|
| AOA - The 2009 Seymour Galina Grant | <ul style="list-style-type: none"> • 3rd year • Good academic standing • Paper not more than 1,500 words | \$2,500 | Due to Student Affairs by Feb 23, 2009 |
| Indian Health Services Scholarship | <ul style="list-style-type: none"> • American Indian or Alaskan Native • Be enrolled in health program • Want to serve Indian people | Amount Varies | Feb 28, 2009 http://www.ihs.gov/JobsCareerDevelop/DHPS/Scholarships/index.cfm |
| ASCO Student Award in Clinical Ethics (CIBA Vision) | <ul style="list-style-type: none"> • 3rd and 4th year student • Essay up to 1500 words | \$1,000 | March 9 electronic submission to dcastells@ico.edu |
| Transitions Optical Students of Vision Scholarship | <ul style="list-style-type: none"> • Creative project | \$1,000, 1 st place \$750, 2 nd place \$500, all others | March 1, 2009 www.healthysightforlife.org |
| AOA, Contact Lens and Cornea Section – Five research awards, AMO (resident only award), Allergan (student/resident), CIBA Vision (student/resident), Cooper Vision (student/resident) and Vistakon (student/resident) | <ul style="list-style-type: none"> • Research Paper on variety of topics • Member of CLCS • Present at AOA CLCS Annual Optometry Meeting™ in Washington in June | \$2,000 and ticket/lodging to Optometry Meeting™ (and plaque) \$1,000 runner - up | March 15, 2009 |
| Dr. Stanley Pearle Vision Scholarship Fund | <ul style="list-style-type: none"> • Graduating class of 2010, 2011, and 2012 | (10) \$2,000 | April 15, 2009 |
| Walman Optical Company Scholarship Program | <ul style="list-style-type: none"> • 2 or 3 year | From \$1,000 to 4,000 | April 10, 2009 |
| The Minnie Flaura Turner Memorial Fund for Impaired Vision Research | <ul style="list-style-type: none"> • 500 word prospectus of research with letter from faculty member | \$2,500 | April 1, 2009 |
| Hoya Vision Care Grant and Scholarship Program | <ul style="list-style-type: none"> • 3 and 4 year optometry students • Case report | \$1,000 to each school, \$6,000 winner overall | April 1, 2009 to SAO |
| AOA - Allergan Travel Grant Essay | <ul style="list-style-type: none"> • AOSA member • Good academic standing • Essay 500 word maximum • Attend Optometry's Meeting® - June | (2) \$500 travel grants \$1,000 overall winner | April 1 st 2009 |

| | | | |
|---|---|---|--|
| AOA - The Vision Care Institute Travel Grant Essay | <ul style="list-style-type: none"> • AOSA member • Good academic standing • Essay 500 word maximum • Attend Optometry's Meeting® - June | <ul style="list-style-type: none"> (2) \$595 travel grants \$1,000 overall winner | April 1st 2009 |
| John Gyles Education Fund | <ul style="list-style-type: none"> • Full time student in college • GPA of 3.0 • Citizen of Canada or U.S. | Up to \$3,000.00 | Mailed by June 1st, 2009 |

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

How are your resolutions going? Are you on target or struggling to keep up? Group exercise is a great way to socialize while improving your health.



January Health & Wellness: Eating Better

Keeping a food diary can double the amount of weight you lose. Just the act of scribbling down what you eat, regardless of where, will suffice. It's the process of

reflecting on what you eat that helps you become aware of your habits and hopefully change your behavior. So give it a try, what have you got to lose?

Massage Therapy Gift Certificates

Appointments are still being taken for Tuesday, January 27th and Tuesday, February 10th. Contact Shirmel Richards at srichards@ico.edu with your preferred time of day. Make sure to reference whether you have a gift certificate in your email.

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Focal Point

C A M P U S N E W S

Student Association News

Just a friendly reminder to all students: Please keep your colleagues in mind during the upcoming weeks as everyone prepares for finals. It's important that we remember to keep quiet outside 1200 when we exit our exams as well as reserving the library as a quiet place for studying.

ONL Recap:

Congrats to the class of 2010, who defended their title for best class skit in a **VERY** close competition at this year's Optometry Night Live!!!! Thank you to all the performers and everybody who helped out to make the night a huge success!

EyeBall:

Well it's just about the time of year when the ladies and gents of ICO get to dress in their best for a night under the stars (quite literally)! That's right, EyeBall is just around the corner! This year's EyeBall will be held at the Adler Planetarium on March 21st. Admission will be \$65/person and will include charter bus



A Red Red Rose
by Robert Burns

O my Luve's like a red, red rose
That's newly sprung in June;
O my Luve's like the melody
That's sweetly played in tune.

As fair art thou, my bonnie lass,
So deep in luvet am I;
And I will luv thee still, my dear,
Till a' the seas gang dry:

Till a' the seas gang dry, my dear,
And the rocks melt wi' the sun;
I will luv thee still, my dear,
While the sands o' life shall run.

And fare thee weel, my only Luve,
And fare thee weel awhile!
And I will come again, my Luve,
Tho' it ware ten thousand mile.

waves

11:00 am-2:00 pm - "Melt Down Party" in

transportation to and from the Planetarium, a three course dinner and two beverages. Ticket sales will be going on from March 2nd-13th outside 1200!

Are you BOLD enough to take the Plunge?

Register with ICO Blue Soles!! The 9th Chicago Polar Plunge for Special Olympics Chicago is on Sunday, March 1st at 9:30 am at North Avenue Beach. Last year there were 1,200 participants who enjoyed this very memorable day. If you want to be part of this event this year, please go to the website <http://www.chicagopolarplunge.org> to register. Online registration closes on Feb 27. Everyone is welcome, whether you just want to dip your toe in, go waist high or take the full plunge.

Schedule of events:

9:30 am - Registration/Check in

10:00 am - Plunge begins - runners enter the water in

expanded heated tent! Free admission for all. Music, refreshments, cash bar and more! Not to be missed! Register early!!

SA Scholarship:

Are you in the mood to win \$1000, \$500, or maybe \$200? Well, please submit your essay for the Student Association Scholarship that is due no later than noon on Monday, February 23rd to Tiffany Andrzejewski (Box# 483). Please be sure to use spell check!

Amendment to the Student Association Bylaws:

Attention ALL Students, on the very last page of one of your finals you will have the chance to vote on a proposed change to the Student Association bylaws concerning the qualifications to run and hold an SA office. Please make sure you check for it on the back of one of your finals!

As the long and cold winter quarter finally comes to an end the Student Association would like to wish everyone the best of luck on finals, boards, and externships!

Best of Luck to All!

Air Force Scholarship Opportunity

The Air Force offers 1 and 2 year scholarships to qualified optometry students. These scholarships pay for all tuition books and give you a stipend of approximately \$1,900 a month. If you are interested in getting some additional information you can either reach me at my e-mail Christopher.Vantyne@rs.af.mil or call me at 773-842-4901. Thanks and have a great day.

New RAs 2009-2010

Congratulations to the new Resident Assistants of 2009-2010.

Head RA: Keri Nebelsick, Class of 2011

RA: Jason Hutchinson, Class of 2012

RA: Erik Mothersbaugh, Class of 2012

RA: Ryan Sacksteder, Class of 2012

2009-2010 RC Room Assignments

If you are interested in living in the RC for the 2009-2010 academic year, please sign up in the Student Affairs Office. The sign up sheet will be available from Monday, February 23, 9 am until Friday, March 6 at 4 pm. Those who sign up will be informed of their preliminary room assignment in a few weeks. Questions? Contact Keri Nebelsick ext. 7915 or Michelle Crist ext. 7845

Locker Reminder

Attention Fourth Year Students leaving ICO for Off-Campus Externships in Spring

Please take the responsibility of removing your belongings and your lock from your locker to make the locker available for another fourth year student returning from an externship site. Also please inform Kathy in the Student Affairs Office (7401) which locker you are vacating.

*Because She Would Ask Me Why
Loved Her
Christopher Brennan*

If questioning would make us wise
No eyes would ever gaze in eyes;
If all our tale were told in speech
No mouths would wander each to each.

Were spirits free from mortal mesh
And love not bound in hearts of flesh
No aching breasts would yearn to meet
And find their ecstasy complete.

For who is there that lives and knows
The secret powers by which he grows?
Were knowledge all, what were our need
To thrill and faint and sweetly bleed?

Then seek not, sweet, the "If" and "Why"
I love you now until I die.
For I must love because I live
And life in me is what you give.

Spotlight on the Library

By Kathryn Johnston

Information Systems Librarian

Library Hours For Exam and Break Week

| | |
|---------------------|---------------------|
| Fri, February 6 | 8:00 am-midnight |
| Sat, February 7 | 8:00 am- midnight |
| Sun, February 8 | 10:00-midnight |
| Mon-Tue, Feb. 9-10 | 7:00 am-midnight |
| Wed, February 11 | 8:00 am-midnight |
| Thu-Fri, Feb. 12-13 | 7:00 am-midnight |
| Sat, February 14 | 8:00 am-5:00 pm |
| Sun, February 15 | CLOSED |
| Mon-Fri, Feb. 16-20 | 8:00 am-5:00 pm |
| Sat, February 21 | 9:00 am-5:00 pm |
| Sun, February 22 | CLOSED |
| Mon, February 23- | Resume normal hours |

Galvin Library at IIT Welcomes ICO Students

ICO students have permission to study in the Galvin Library at IIT. Please show your ID at the lower level circulation desk to gain entrance after the normal hours for the public. The hours for Galvin Library during the academic year when classes are in session are:

Sunday, 12 pm to 12 am

Monday to Thursday, 8:30 am to 12 am

Friday & Saturday, 8:30 am to 5 pm

Recalls

The Library recalls books and other items that are needed for reserve or have been requested by another user. They should be returned immediately or fines may be generated at \$1.00/per day. Items under a recall cannot be renewed and books may be recalled even before the date due. If you cannot return a library item immediately because you are off-campus, please contact a library staff member as soon as possible to avoid fines.

February is Black History Month

There is a display honoring Black History Month in the Library's first floor central display case. Please enjoy the display and

contact us if you want to view any of the books or need more information.

New Poster

Dr. Wendy Stone authored the poster, "A Unique Case of Unilateral Tamoxifen Maculopathy with Low-Dose Therapy". Please take time to view the poster but direct all questions to the author.

Images of Human Anatomy

The Bassett Collection of Stereoscopic Images of Human Anatomy has a link under Websites from the Library's homepage at <http://icolibrary.htm> on campus or off campus at <http://library.ico.edu>. Hosted by Stanford University, it contains 1,547 photographic images and accompanying drawings including 41 of the eye. The images may be used by students and faculty in papers and presentations.

Off-Campus Externs

Externs whose sites are more than fifty miles from ICO may receive copies of articles that they need for free. The Library will also mail books without charge to externs. Please send your requests to the library email address at cshepard@ico.edu.

Happy Valentine's Day!

To get your heart pumping, check out our exercise DVDs! They may provide what your heart desires:

- Quick Fix: Cardio Hip-Hop Workout
- Bootcamp! Total Body Blast
- The Biggest Loser: The Workout; Cardio Max
- Dance with Lisa: Red Hot Salsa Made Simple
- 10 Minute Solution Kickbox Bootcamp
- Crunch! Super-charged Kickbox Party
- Yoga for Stress

Or to satisfy other heart cravings, sample one of our donated romance novels. Search for the word "love" in our online catalog to find more titles:

Tempting, by Hope Tarr
Got Your Number, by Stephanie Bond
Memory of Love, by Beatrice Small
Long Road Home, by Danielle Steel.

Happy Valentine's Day! Good luck on exams and have fun on break! We look forward to seeing you in the Library!

Quality Quips

Michael Butz

I would like to introduce myself, though many of you may already recognize my name...how could you forget a last name like mine, anyway? I'm Michael Butz, M.B.A., and have been here at ICO for just over a year – I am thoroughly enjoying it.

As the Director of Quality Improvement, I oversee our efforts in the Institute and the College to – not surprisingly – increase the quality of the care we deliver to our patients and the quality of the education we deliver to our students. Happily, these two objectives very often easily go hand in hand. As we work on initiatives to better how we deliver care, we are also improving how we teach our students to be the best optometrists possible. In the coming issues of Focal Point I will briefly highlight ongoing programs towards this goal.

One example of how quality improvement efforts in patient care go hand in hand with better student learning is the Patient Advocate Program, the brain child of Dr Geoffrey Goodfellow. This pilot program – which will be officially expanded this Spring – allows first year students to serve as Patient Advocates who assist first time patients; those needing extra assistance, those that may request additional help to find the correct suite, navigate the sometimes complex registration process, or any patient who just needs

some extra attention during their visit. We know that this generates positive feelings among our patients who then are more likely to return for follow up eye care and also more likely to speak highly of us to others. For the first year students, it gives them a jump on understanding the patient flow in a very busy ambulatory care center, their first experiences in the exam room, and also good experience with how to effectively and positively interact with a wide variety of patients – all things that will serve a new OD well in real-world practice. Finally, the students record how long the various components of the patient's visit take to complete and I then can turn that data into meaningful changes to help us run more efficiently. It's a win-win situation for everyone!

I sincerely welcome your comments, thoughts, ideas, or complaints and concerns. My office is 1012 Brady and my extension is x7311. Please don't hesitate to get in touch, I need your feedback to do the best job possible for our institution. Keep up the excellent work that we are all so proud of!

Did you Know?

Dr. Colp

Abstract: Visual Comparison of Multifocal Contact Lens to Monovision

The purpose of this study was to compare visual function with the Bausch & Lomb PureVision multifocal contact lens to monovision with PureVision single vision contact lenses. Twenty

presbyopic subjects were fitted with either the PureVision multifocal contact lens or monovision with PureVision single vision lenses. After a 1-month trial, the following assessments of visual function were

Desire

Samuel Taylor Coleridge

Where true Love burns Desire is
Love's pure flame;
It is the reflex of our earthly frame,
That takes its meaning from the
nobler part,
And but translates the language of
the heart.

made: (a) distance, intermediate, and near visual acuity (VA); (b) reading ability; (c) distance and near contrast sensitivity function (CSF); (d) near range of clear vision; (e) stereo acuity; and (f) subjective evaluation of near vision ability with a standardized questionnaire. Subjects were then refitted with the alternative correction and the procedure was repeated. All measurements were compared between the two corrections, whereas the "low addition" multifocal lens was also compared with the "high addition" alternative.

Distance and near VA were significantly better with monovision than with the multifocal option ($p < 0.05$). Intermediate VA ($p = 0.13$) was similar with both corrections, whereas there was also no significant difference in distance and near CSF ($p = 0.29$ on both occasions). Reading speeds ($p = 0.48$) and the critical print size ($p = 0.90$) were not significantly different between the two contact lens corrections, but stereo acuity ($p < 0.01$) and the near range of clear vision ($p < 0.05$) were significantly better with the multifocal option than with monovision. Subjective assessment of near ability was similar for both types of contact lens ($p = 0.52$). The high addition multifocal lens produced significantly poorer distance and near CSF, near VA, and critical print size compared with the low addition alternative.

The authors concluded that monovision performed better than a center near aspheric simultaneous vision multifocal contact lens of the same material for distance and near VA only. The multifocal option provides better stereo acuity and near range of clear vision, with little differences in CSF, so a better balance of real-world visual function may be achieved due to minimal binocular disruption.

Gupta N, Naroo SA, Wolffsohn JS.

Visual Comparison of Multifocal

Contact Lens to Monovision. Optom

Vis Sci 2009.

The Quality of Optometrists Referral Letters for Glaucoma

This study evaluated the quality of content of optometrist-initiated glaucoma referral letters arriving at the appointment booking centre at Moorfields Eye Hospital (MEH). The minimum standard of information required for an ophthalmologist to determine the appropriateness and urgency of glaucoma suspect referral was determined, and criteria for three standards of referral letter formulated: "ideal," "acceptable" and "fail". These standards were applied to a prospective review of all optometrist-derived referrals for glaucoma or suspected glaucoma cases arriving in the MEH booking centre over a 4-month period. The contents of each letter were scrutinized and classified based on the criteria within each standard.

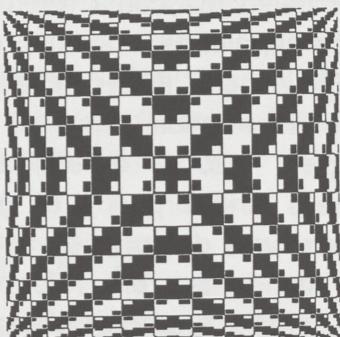
A total of 49% of referral letters were found to be of "acceptable" quality, 7% "ideal" quality and the remaining 44% classed as "fail". The main reason for failure was an omission of nonclinical information, including patient and/or referring practice details, 26% of letters failed to include an optic disc evaluation and 6% failed to provide intraocular pressure measurements. Two-thirds of "acceptable" letters did not reach the "ideal" standard due to a lack of discussion of risk factors, visual field analysis or recommendations for referral speed.

The information gleaned from this prospective study indicates a need to improve the quality of optometrists' glaucoma referral letters, particularly with respect to completion of all the items set out on the General Ophthalmic Services 18 referral form.

SOURCE: Scully ND, Chu L, Siriwardena D, Wormald R, Kotecha A. The quality of optometrists' referral letters for glaucoma. *Ophthalmic Physiol Opt.* 2009;29(1):26-31.

Mainos Memos

Dr. Dominick Maino



Illusions: This cushion appears to be bulging outwards.

If you like optical illusions as much as I do, you must visit this website. If you want to find out more about vision perception and how we process those rays of light that enter our eyes, you should visit this website. Go to Viper at <http://viperlib.york.ac.uk/>

OD Board Certification

Could it be that you will need to take at least one more Board examination even after you have successfully passed the National Boards? The various optometric organizations are talking about it. Check out info at <http://www.aoa.org/JBCPT.xml>. BTW the AOSA has a seat at this discussion table. Have you give your AOSA representative feedback about this new board?

JRRD Announces Relaunch of Web Site

The Department of Veterans Affairs' (VA) Journal of Rehabilitation Research and Development (JRRD) is pleased to announce the relaunch of its Web site, <http://www.rehab.research.va.gov/jourindx.html>. This is an open access journal - this means you can read any article you want to...no subscription needed. It's Free!

(BTW Optometry & Vision Development at <http://www.covd.org>, is the

journal of the College of Optometrists in Vision Development and it's also an open access journal and FREE!)

Italian Month

The Palatine Public Library has made February an all Italian all the time month. The works of the Artists of Casa Italia (painting, sculpture, and photography) are featured. They will also have Italian authors, chefs and more showing what being Italian is all about. A good friend of mine (Dominic Canderolo, PhD) will be giving a presentation about the video he helped to create called, *And They Came to Chicago* with a special segment on the various Italian/American neighborhoods in the Chicago-land area on Sat. Feb 28th. This is all free. Go to http://www.palatinelibrary.org/Programs_Registration/MainAdult.html for more information. Interested in all things Italian? Go to <http://www.casaitaliachicago.net/>

And finally....always remember to check out <http://www.mainosmemos.blogspot.com> for more information.

CLASSIFIEDS

Help Wanted

Biomed Assistant needed for minor equipment repair. Flexible hours. For more information call Andy Fabrizius at ext. 7190

RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.



S C H O L A R S H I P S

For all scholarships and fellowships, please stop by the Student Affairs Office for more information!
All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

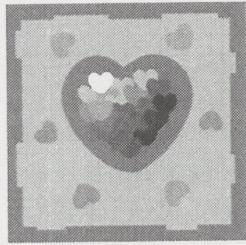
| Scholarship | Who's Eligible | Amount | Deadline |
|--|--|--|---|
| Chicago Area Schweitzer Fellows Program | <ul style="list-style-type: none"> • Health professions, Graduate level-degree in Chicago Area • Projects include 200 hrs through a community based agency | \$2,000 stipend | Applications received by Friday Feb 6, 2009 to the Chicago Area Schweitzer Fellow Program |
| Travel Fellowships to SECO meeting | <ul style="list-style-type: none"> • Brief statement • Helps to have poster, copy of abstract | Travel expense | To Dr. mary Flynn Roberts by 5 PM, Feb 9, 2009 |
| USA Funds Access to Education Scholarships | <ul style="list-style-type: none"> • Annual adjusted gross family income of \$35,000 or less | \$1,500 | Feb 16, 2009 |
| AOF – Carl Zeiss Vision Fellow ships | <ul style="list-style-type: none"> • 3rd • One page statement • Curriculum vitae | \$5,000 | Due to SAO electronically Feb 16, 2009 |
| Jewish Federation Scholarship | <ul style="list-style-type: none"> • Jewish • Born or raised in Chicago or suburbs • Helping profession | Amount Varies | Feb 16, 2009 http://www.jvschicago.org/scholarship/ |
| Cribb Leadership and Service Award | <ul style="list-style-type: none"> • All Years • Outstanding leadership and service • Application | \$1,000, \$4,000 to 4 th year | To Tiffany Andrzejewski, box 483 by Feb 23, 2009 |
| AOA – InfantSEE® sponsored by Vision West | <ul style="list-style-type: none"> • 3rd year • Good academic standing • Paper not more than 1,000 words | \$5,000 and runner up is \$2,500 | Due to Student Affairs by Feb 23, 2009 |
| AOA- Healthy Eyes, Healthy People Scholarship Grant by C&E Vision | <ul style="list-style-type: none"> • 3rd year • Good academic standing • Paper not more than 1,000 words | \$5,000 and runner up is \$2,500 | Due to Student Affairs by Feb 23, 2009 |
| AOA - The 2009 Seymour Galina Grant | <ul style="list-style-type: none"> • 3rd year • Good academic standing • Paper not more than 1,500 words | \$2,500 | Due to Student Affairs by Feb 23, 2009 |
| Indian Health Services Scholarship | <ul style="list-style-type: none"> • American Indian or Alaskan Native • Be enrolled in health program • Want to serve Indian people | Amount Varies | Feb 28, 2009 http://www.ihs.gov/JobsCareerDevelop/DHPS/Scholarships/index.cfm |
| ASCO Student Award in Clinical Ethics (CIBA Vision) | <ul style="list-style-type: none"> • 3rd and 4th year student • Essay up to 1500 words | \$1,000 | March 9 electronic submission to dcastells@ico.edu |

| | | | |
|--|---|--|---|
| Transitions Optical Students of Vision Scholarship | <ul style="list-style-type: none"> Creative project | \$1,000, 1 st place \$750, 2 nd place \$500, all others | March 1, 2009 www.healthysightforlife.org |
| AOA, Contact Lens and Cornea Section – Five research awards, AMO (resident only award), Allergan (student/resident), CIBA Vision (student/resident), Cooper Vision (student/resident) and Vistakon (student/resident) | <ul style="list-style-type: none"> Research Paper on variety of topics Member of CLCS Present at AOA CLCS Annual Optometry Meeting™ in Washington in June | \$2,000 and ticket/lodging to Optometry Meeting™ (and plaque) \$1,000 runner - up | March 15, 2009 |
| Dr. Stanley Pearle Vision Scholarship Fund | <ul style="list-style-type: none"> Graduating class of 2010, 2011, and 2012 | (10) \$2,000 | April 15, 2009 |
| Walman Optical Company Scholarship Program | <ul style="list-style-type: none"> 2 or 3 year | From \$1,000 to 4,000 | April 10, 2009 |
| Congressional Advocacy Conference Scholarship Program (AOA) | <ul style="list-style-type: none"> Voter in U.S. Good academic standing Professionally represent the state in which you vote. And state in which your school located | Travel expense and two night hotel in Washington DC from June 22-24 | April 1, 2009 |
| The Minnie Flaura Turner Memorial Fund for Impaired Vision Research | <ul style="list-style-type: none"> 500 word prospectus of research with letter from faculty member | \$2,500 | April 1, 2009 |
| Hoya Vision Care Grant and Scholarship Program | <ul style="list-style-type: none"> 3 and 4 year optometry students Case report | \$1,000 to each school, \$6,000 winner overall | April 1, 2009 to SAO |
| AOA - Allergan Travel Grant Essay | <ul style="list-style-type: none"> AOSA member Good academic standing Essay 500 word maximum Attend Optometry's Meeting® - June | (2) \$500 travel grants \$1,000 overall winner | April 1 st 2009 |
| AOA - The Vision Care Institute Travel Grant Essay | <ul style="list-style-type: none"> AOSA member Good academic standing Essay 500 word maximum Attend Optometry's Meeting® - June | (2) \$595 travel grants \$1,000 overall winner | April 1 st 2009 |
| John Gyles Education Fund | <ul style="list-style-type: none"> Full time student in college GPA of 3.0 Citizen of Canada or U.S. | Up to \$3,000.00 | Mailed by June 1 st , 2009 |

| | | | |
|---------------------------------|--|--------|--------------|
| Polish Women's Civic Club, Inc. | <ul style="list-style-type: none"> • U.S. Citizen • One parent of polish heritage • Chicag area resident • 2nd year and beyond • Good grades | Varies | July 1, 2009 |
|---------------------------------|--|--------|--------------|

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER



Celebrate Valentine's Day by Taking Care of Your Heart

Do you know how these controllable risk factors affect your risk of heart disease and stroke?

- smoking
- high blood pressure

- high blood cholesterol
- diabetes
- being overweight or obese
- physical inactivity

Learn more by visiting the Health & Fitness bulletin board outside of the Fitness Center.

Did you know . . . that it only takes 30 minutes of cardio activity on most days to improve your physical health. Surely, you can find 30 minutes for yourself.

Digitized by Illinois College of Optometry Library



Focal Point

C A M P U S N E W S

Commencement News

Commencement Activities

Mark your calendars for Wed., May 13th. We are planning our annual event called the Commencement Capstone Program that we encourage all

degree candidates to attend. The day will start with commencement rehearsal, leaving by trolley from ICO at 12:30 p.m. Following rehearsal there will be social time, awards presentations, time to visit with corporate sponsors concluding with cap and gown, and Yearbook pick-up. All degree candidates are encouraged to attend the day's events.

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 11 a.m. on Saturday, May 16. Rockefeller Chapel is located on 5850 S. Woodlawn Ave. A reception honoring the Class of 2009 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Hotel Rooms

Have you reserved hotel rooms for commencement week for you and your

family? If not, please do so ASAP, this is a very busy week-end in Chicago because of the restaurant convention.

2009 Commencement Choir

Any faculty or O.D. degree candidates who would like to be part of this year's commencement choir, please contact Casey Bartz, box 304 at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

Commencement Speaker - Peter H. Kehoe, O.D.

Dr. Kehoe was elected to the American Optometric Association (AOA) Board of Trustees in 1999 and re-elected in 2002. Dr. Kehoe is currently serving as the President of the AOA. He also serves as a member of

the AOA Executive and Agenda Committees and is board liaison to the American Academy of Optometry and National Optometric Association. Dr. Kehoe is a past president of the Illinois Optometric Association and was named Optometrist of the Year in 2001. He is a 1984 graduate of ICO and has served as Vice President of the ICO Alumni Council. Dr. Kehoe is a Fellow of the American Academy of Optometry and also a principal in a multi-location group practice in Galesburg, Illinois.

Hooding Tradition

ICO extends the opportunity for a parent or sibling who is a graduate of ICO to participate in your hooding at the Commencement ceremony. Forms are attached to the Commencement newsletter which was emailed to you in January. If you would like to participate in this tradition, please complete the form and return it to Sharon Uher in the Student Affairs Office by March 2nd.

Attention: 3rd Year Students

For your convenience Paul Studios will be on campus in the Presidential Lounge from 10 a.m. to 3 p.m. on Wednesday, February 25th to accept your picture selection for the 2009 graduation composite and also take orders for graduation pictures. The proofs have been placed in your ICO mailboxes this week. We hope to have all orders returned to you before you leave for externship this summer.

Graduation with Honors

Dr. Colip

For those students interested in graduating "with honors" the required cumulative GPA in each category at ICO is:

Summa Cum Laude – 3.90 to 4.00

Magna Cum Laude – 3.75 – 3.89

Cum Laude – 3.50 – 3.74

Go for it!

Pardon Our Dust

Opie Nimon

The men and women washrooms on the first floor (by the Indiana entrance, Anthony's desk) are closed for refurbishing. This will take between three to four weeks.

William Ezell Fellowships

The American Optometric Foundation is accepting applications for 2009 William C. Ezell Fellowships.

The application form and information on the Ezell Fellowship program can be found on the Academy's website: <http://www.aopt.org/aof/scholarship/ezell/index.asp>.

The application deadline is Friday, March 13, 2009. Please direct any questions to: AOF@aoptom.org or (301) 984-4734.

Spotlight on the Library

By Kathryn Johnston

Information Systems Librarian

Library Hours for the End of Break Week

| | |
|-------------------|---------------------|
| Fri, February 20 | 8:00 am-5:00 pm |
| Sat, February 21 | 9:00 am-5:00 pm |
| Sun, February 22 | CLOSED |
| Mon, February 23- | Resume normal hours |

Tax Forms

The State of Illinois has sent the Library forms for state income taxes. Additional Illinois state forms can be found online at <http://www.iltax.com>. United States federal forms are only available online at <http://www.irs.gov>.

New Poster

Dr. Wendy Stone authored the poster, "A Unique Case of Unilateral Tamoxifen Maculopathy with Low-Dose Therapy." On March 2, a new poster, "An African American Sickle Cell Trait Hyphema," presented by Keith Tyler, Dominick Opitz and Valerie Kattouf.

Please take time to view the posters but direct all questions to the authors.

Board Study Materials

The Library owns the NBEO review guides and other books written for the optometry boards. They are on three hour reserve at the first floor circulation desk and may be checked out overnight three hours before the Library closes.

The following books may be very useful for studying for the optometry boards, as the ophthalmology boards ask very similar questions. Titles include *Review Questions in Ophthalmology: a Question and Answer Book* by Chern (RE49.C5 2005) the most recent edition of which is on reserve but can be checked out for a week. The older editions are in the stacks. Also consult *The Massachusetts Eye and Ear Infirmary Review Manual for Ophthalmology* by ICO consulting retinal specialist, Dr. Rama Jager (RE49.L3), and Kanski's *Ophthalmology in Focus* (RESERVES RE49.K3593) and *Test Yourself Atlas in Ophthalmology* (RESERVES RE49.K28 2009).

Helpful websites include the Harvard Digital Journal of Ophthalmology <http://www.djo.harvard.edu/>, the University of Manitoba Ophthalmology Internet Tutorial at <http://umanitoba.ca/faculties/medicine/units/oophthalmology/> and the RED Atlas (Recognizing Eye Disease: a Visual Review of Ophthalmic Disorders) at <http://redatlas.org>. All have practice test questions covering various eye diseases.

New Library Materials

- *A to Z's of Optometric Networking [CD-ROM]: Creating Value through Partnering* by Howard Gottlieb, CDR 141
- *Last Lecture*, by Randy Pausch. QA76.2.P38 A3 2008
- *Ocular Pathology, International Ophthalmology Clinics*, RE117 v.49 no.1 Win 2009
- *Optic nerve Disease Research Perspectives*, RE727.O648 2008
- *Optometrist Patient Consultation Illustrations*, RE71.O68 1989

Especially for parents and those interested in pediatrics.

Luna and the Big Blur: a Story for Children Who Wear Glasses, Shirley Day, PZ7.D3325 LU 2009

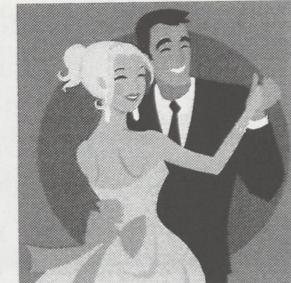
The Library has other picture and children's

books to explain eye conditions to children, such as *Frances Four Eyes* RE952.2.C5 C6 199, *Look How Many People Wear Glasses* RE976.B67 1975 or *Explorabook: Kids' Science Museum in a Book* Q164.C39 1991.

We hope you enjoyed your break and we look forward to seeing you in the Library!

Eyeball

Well it's just about the time of year when the ladies and gents of ICO get to dress in their best for a night under the stars (quite literally)! That's right...EyeBall is just around the corner! This year's EyeBall will be held at the Adler Planetarium on March 21st. Admission will be \$65/person and will include charter bus transportation to and from the Planetarium, a three course dinner and two beverages. Ticket sales will be going on from March 2nd-13th outside 1200!



The Plunge

Register with ICO Blue Sclera!! The 9th Chicago Polar Plunge for Special Olympics Chicago is on Sunday, March 1st at 9:30 am at North Avenue Beach. Last year there were 1,200 participants who enjoyed this very memorable day. If you want to be part of this event this year, please go to the website <http://www.chicago-polarplunge.org> to register. Online registration closes on Feb 27. Everyone is welcome, whether you just want to dip your toe in, go waist high or take the full plunge.

Schedule of events:

9:30 am - Registration/Check in
10:00 am - Plunge begins - runners enter the water in waves
11:00 am-2:00 pm - "Melt Down Party" in expanded heated tent! Free admission for all. Music, refreshments, cash bar and more! Not to be missed! Register early!!

SA Scholarship

Are you in the mood to win \$1000, \$500, or maybe \$200? Well, please submit your essay for the Student Association Scholarship (due no later than noon on **Monday, February 23rd**) to Tiffany Andrzejewski (Box# 483). Please be sure to use spell check!

Educational Lens Program

As Spring Quarter begins, we are nearing the end of the 08-09 Educational Lens Program. You may only schedule fits up until April 1st and all orders must be placed by April 15th. **NO EXCEPTIONS.** Fittings and orders processed outside the above parameters will be ordered at your cost. Please see the student guide for more details.

Note with the economic downturn some companies may choose to only send a 6 month supply of lenses.

If you make an appointment, please make every effort to keep it. We appreciate your cooperation and look forward to working with you. Please contact Dr. Renee E. Reeder at rreeder@ico.edu with any questions.

Did you Know?

Dr. Colip

Abstract: Contact Lens Wear Is Associated with Decrease of Meibomian Glands

Approximately 30% to 50% of contact lens (CL) wearers report dry eye symptoms. Meibomian gland dysfunction has been recognized as a possible cause of CL-related dry eye. This study investigated the influence of CL wear on the meibomian glands using a newly developed meibographic technique.

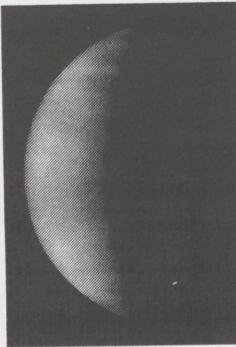
This was a cross-sectional observational case series. Participants included contact lens wearers ($n = 121$; 47 men, 74 women; mean age \pm standard deviation, 31.8 ± 8.0 years) and healthy volunteers ($n = 137$; 71 men, 66 women; mean age \pm standard deviation, 31.4 ± 15.1 years). The following tests were

performed: slit-lamp examinations of the eyelids, corneal and conjunctival staining using fluorescein, measurement of the tear film breakup time, evaluation of the meibomian glands using noncontact meibography, and measurement of tear production using the Schirmer I test. Partial or complete loss of the meibomian glands was scored for each eyelid using 4 grades (meiboscores): grade 0 (no loss of meibomian glands) through grade 3 (the area characterized by gland dropout was more than 66% of the total area containing the meibomian glands). The meiboscores for the upper and lower eyelids were summed for each subject. The main outcome measures were the score of meibomian gland changes (meiboscore), tear film breakup time, and Schirmer test value.

The meiboscore was significantly higher ($P<0.0001$) in CL wearers (mean, 1.72; 95% confidence interval, 1.47-1.96) than in the control group (mean, 0.96; 95% confidence interval, 0.73-1.19). The average meiboscore of CL wearers was similar to that of a 60- to 69-year-old age group from the normal population. A significant positive correlation was observed between the duration of CL wear and the meiboscore.

The researchers concluded that contact lens wear is associated with a decrease in the number of functional meibomian glands. This decrease is proportional to the duration of CL wear.

Arita R, Itoh K, Inoue K, Kuchiba A, Yamaguchi T, Amano S. Contact Lens Wear Is Associated with Decrease of Meibomian Glands. *Ophthalmology* 2009.



Foveal Function in Children Treated for Amblyopia

This study evaluated foveal function in children treated for monocular amblyopia using three different methods. A sample of 24 otherwise healthy children with treated amblyopia and an age-matched

control group of 25 healthy children were examined for best corrected visual acuity (BCVA) using a standard decimal (KM) chart and the computerized TriVA method at 50% and 10% contrasts. Foveal function was also measured with the rarebit fovea test (RFT), which is included in the rarebit perimetry program package. This test uses very small and bright dots against a dark background. The result is expressed as mean hit rate (MHR).

Amblyopic eyes showed significantly lower BCVA when evaluated with the KM chart and with the TriVA test at different contrast levels, compared with both fellow eyes and control eyes. No statistically significant difference between amblyopic and fellow eyes was found when foveal function was evaluated with the RFT, although results for both amblyopic and fellow eyes were statistically lower than those of the control group. This might indicate that the RFT provides different information about foveal function than conventional VA tests.

The findings in the current study accord with those of other studies reporting abnormalities in the fellow eyes of previously treated amblyopic patients. These findings may reflect a general disturbance in the visual system rather than a monocular adaptation to refractive error or ocular motor disturbance.

SOURCE: Agervi P, Nilsson M, Martin L. *Foveal function in children treated for amblyopia*. Acta Ophthalmol 2009 Jan 30 [Epub ahead of print].

Mainos Memos

Rifle Shooting and Binocularity

In a recent article in Rifle Shooter Magazine, it was noted that, "Different sight systems demand that the eyes do different things, but whatever system you use, shooting with both eyes open will help you hit the mark". Although the author, Wayne van Zwoll, gets most things right, he could have used your

knowledge of how the binocular vision system works! Are you a rifleman/woman? You may want to read this.

Vaccines and Autism

Many of the parents of the children we see have questions these days about vaccines and if they are appropriate for their children because of various fears. One of these fears is that vaccines can cause Autism. The Vaccine Court has recently noted that there is no merit to claims that Thimerosal in vaccines or the MMR vaccine contributed to Autism in children. When should children have their vaccinations? The American Academy of Pediatrics suggestions the following: Childhood Schedule, Adolescent Schedule, and a Catch Up Schedule. By the way, did you know that adults need to get vaccinations too? Click here to see what is recommended for adults. Scroll down to see what shots you should consider getting as a health care provider!

Scientific American Articles

Scientific American has an article (The Folds of the Brain-And Their Links to Autism) about how the forces that shape the brain could aid in the diagnosis and treatment of autism, schizophrenia and other mental disorders and another article on Lazy Eye Treatments Provide New Insight on Brain Plasticity Studies which shows how adult brains can demonstrate neuroplasticity.

Please go to Maino Memos blog for more information on these and other topics of interest to those fascinated about pediatrics, binocular vision, optometric vision therapy, and neuroplasticity!

ICO's Dr. & Mrs. Dominick M. Maino Visiting Professor

This year's Dr. & Mrs. Dominick M. Maino Visiting Professor is Kenneth Ciuffreda, OD, PhD, FAAO, FCOVD-A, Professor at SUNY College of Optometry. Dr. Ciuffreda is



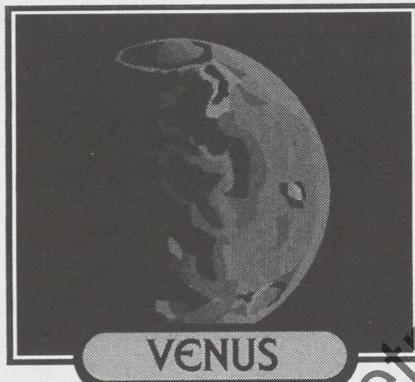
internationally known for his research in oculomotor anomalies, accommodation, and myopia development. Most recently his work has dealt with those who have Traumatic Brain Injury. He will talk to the 4th year class on Friday, February 27th at 1PM and to the whole faculty at 2PM. Then at 4PM in room 1201, Drs. Ciuffreda and Maino will conduct a grand rounds presentation for everyone (1st, 2nd, 3rd, and 4th year and faculty/residents) concerning a patient with Traumatic Brain Injury. Finally on Sunday, March 1st Drs. Ciuffreda and Christine Allison will present a Continuing Education program at ICO with the featured topics being Acquired/Traumatic Brain Injury, Refractive Error Development and The Kindergarten Examination. If you want to go to the CE program please contact Diane D. Gillette, Continuing Education Coordinator Phone: 312-949-7081 or Email: dgillette@ico.edu.

Moon to pass Venus

Excerpts from Dennis
Mammana's article
February 14, 2009

In the waning light of dusk, is when you will see the brightest of all planets - Venus. Venus appears so dazzling because it's a world the size of Earth that now lies relatively nearby - only 35 million miles away. In addition, the planet is shrouded in thick, white clouds that reflect about two-thirds of sunlight that falls on them.

On the evening of Feb. 27, the crescent moon will pass near Venus and will create a beautiful sight for sky watchers. If you missed similar pairings over the past few months, you won't want to ignore this one. Because Venus is about to swing over to the "morning side" of the sun, this will be the last such conjunction during the evening hours of 2009.



If you aim a small backyard telescope in the direction of Venus this week, you'll discover exactly what Galileo found four centuries ago - that the planet appears not as a round disk, but as a crescent much like the moon.

While this might not seem like an epic discovery in today's high-tech world, it was this very observation that led Galileo to conclude that Venus was a planet that orbited the sun, and not the Earth as many had long believed.

2009-2010 RC Room Assignments

If you are interested in living in the RC for the 2009-2010 academic year, please sign up in the Student Affairs Office. The sign up sheet will be available from Monday, February 23, 9 am until Friday, March 6 at 4 pm. Those who sign up will be informed of their preliminary room assignment in a few weeks. Questions? Contact Keri Nebelsick ext. 7915 or Michelle Crist ext. 7845

C L A S S S I F I E D

Help Wanted

Biomed Assistant needed for minor equipment repair. Flexible hours. For more information call Andy Fabrizius at ext. 7190

R E S I D E N C I E S

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

S C H O L A R S H I P S

For all scholarships and fellowships, please stop by the Student Affairs Office for more information!
All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

| Scholarship | Who's Eligible | Amount | Deadline |
|--|--|--|---|
| Cribb Leadership and Service Award | <ul style="list-style-type: none"> • All Years • Outstanding leadership and service • Application | \$1,000, \$4,000 to 4 th year | To Tiffany Andrzejewski, box 483 by Feb 23, 2009 |
| AOA – InfantSEE® sponsored by Vision West | <ul style="list-style-type: none"> • 3rd year • Good academic standing • Paper not more than 1,000 words | \$5,000 and runner up is \$2,500 | Due to Student Affairs by Feb 23, 2009 |
| AOA- Healthy Eyes, Healthy People Scholarship Grant by C&E Vision | <ul style="list-style-type: none"> • 3rd year • Good academic standing • Paper not more than 1,000 words | \$5,000 and runner up is \$2,500 | Due to Student Affairs by Feb 23, 2009 |
| AOA - The 2009 Seymour Galina Grant | <ul style="list-style-type: none"> • 3rd year • Good academic standing • Paper not more than 1,500 words | \$2,500 | Due to Student Affairs by Feb 23, 2009 |
| Indian Health Services Scholarship | <ul style="list-style-type: none"> • American Indian or Alaskan Native • Be enrolled in health program • Want to serve Indian people | Amount Varies | Feb 28, 2009 http://www.ihs.gov/JobsCareerDevelop/DHPS/Scholarships/index.cfm |
| Transitions Optical Students of Vision Scholarship | <ul style="list-style-type: none"> • Creative project | \$1,000, 1 st place \$750, 2 nd place \$500, all others | March 1, 2009 www.healthysightforlife.org |
| Optometric Physicians of Washington (state) | <ul style="list-style-type: none"> • 4th Year OPW student member in good standing | An Award | March 2, 2009 |
| ASCO Student Award in Clinical Ethics (CIBA Vision) | <ul style="list-style-type: none"> • 3rd and 4th year student • Essay up to 1500 words | \$1,000 | March 9 electronic submission to dcastells@ico.edu |
| AOA, Contact Lens and Cornea Section – Five research awards, AMO (resident only award), Allergan (student/resident), CIBA Vision (student/resident), Cooper Vision (student/resident) and Vistakon (student/resident) | <ul style="list-style-type: none"> • Research Paper on variety of topics • Member of CLCS • Present at AOA CLCS Annual Optometry Meeting™ in Washington in June | \$2,000 and ticket/lodging to Optometry Meeting™ (and plaque) \$1,000 runner - up | March 15, 2009 |

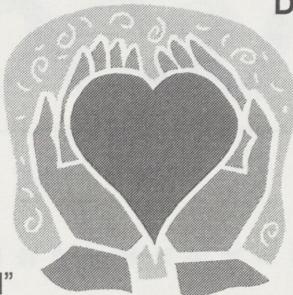
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|--|---|---|---------------------------------------|
| Congressional Advocacy Conference Scholarship Program (AOA) | <ul style="list-style-type: none"> • Voter in U.S. • Good academic standing • Professionally represent the state in which you vote. And state in which your school located | Travel expense and two night hotel in Washington DC from June 22-24 | April 1, 2009 |
| The Minnie Flaura Turner Memorial Fund for Impaired Vision Research | <ul style="list-style-type: none"> • 500 word prospectus of research with letter from faculty member | \$2,500 | April 1, 2009 |
| Hoya Vision Care Grant and Scholarship Program | <ul style="list-style-type: none"> • 3 and 4 year optometry students • Case report | \$1,000 to each school, \$6,000 winner overall | April 1, 2009 to SAO |
| AOA - Allergan Travel Grant Essay | <ul style="list-style-type: none"> • AOSA member • Good academic standing • Essay 500 word maximum • Attend Optometry's Meeting® - June | (2) \$500 travel grants \$1,000 overall winner | April 1 st 2009 |
| AOA - The Vision Care Institute Travel Grant Essay | <ul style="list-style-type: none"> • AOSA member • Good academic standing • Essay 500 word maximum • Attend Optometry's Meeting® - June | (2) \$595 travel grants \$1,000 overall winner | April 1 st 2009 |
| Walman Optical Company Scholarship Program | <ul style="list-style-type: none"> • 2 or 3 year | From \$1,000 to 4,000 | April 10, 2009 |
| Dr. Stanley Pearle Vision Scholarship Fund | <ul style="list-style-type: none"> • Graduating class of 2010, 2011, and 2012 | (10) \$2,000 | April 15, 2009 |
| John Gyles Education Fund | <ul style="list-style-type: none"> • Full time student in college • GPA of 3.0 • Citizen of Canada or U.S. | Up to \$3,000.00 | Mailed by June 1 st , 2009 |
| Polish Women's Civic Club, Inc. | <ul style="list-style-type: none"> • U.S. Citizen • One parent of polish heritage • Chicago area resident • 2nd year and beyond • Good grades | Varies | July 1, 2009 |

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Where Do You Stand?

Establish a baseline to help plan preventive measures for the rest of the year. You need to know if you are at risk before you can take action to lower your risk. Know your HDL or "good" cholesterol, LDL or "bad" cholesterol, total cholesterol, triglycerides, blood pressure, weight, and body mass index (BMI) numbers. And make an appointment now for a "check-in" next February to see if your new healthy habits are making the grade.



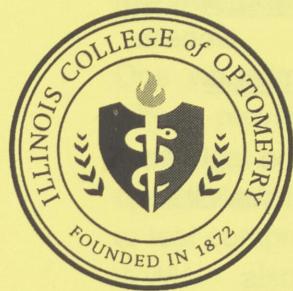
Did you know . . . that heart disease is the #1 killer of women. Yes, even higher than breast cancer. What are you doing to take care of yourself and protect your loved ones?

New Group Exercise Class Schedules Coming

Keep your eyes on the Fitness page of the View for the Spring Quarter group exercise schedule. This quarter includes additional class times like Boot camp on Tuesdays at 3:40 pm and Fridays at 12:15 pm.

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Focal Point

C A M P U S N E W S

ICO Summer Program!

By Teisha Johnson

Last year's summer program was a huge success! We had twenty students from around the U.S. participate. We will again offer the Focus on Your Future Summer program this summer for underrepresented minority undergraduate students.

The program is a weeklong experience that will expose undergraduate students to the profession of optometry in a variety of settings. Participants will have the opportunity to meet and work with current optometry students, ICO Faculty & Staff, as well as practicing optometrists.

Students will be housed at no charge in our Residential Complex. There is no cost to participate in this program. Participants are responsible for their travel expenses and/or transportation cost to and from ICO.

If you know of anyone who may be interested in the program, please have them visit our website for more details.

Program Dates:
Monday, July 6,
through Friday, July 10,
2009

Application Period: Monday, March 2 through Friday, April 3, 2009. If you have any questions, please feel free to contact: Teisha Johnson, M.S.

Director of Admissions/Marketing
tjohnson@ico.edu, X7407

Financial Aid News!

It's that time of year again, time to file your FAFSA for the 2009-10 academic year. We encourage you to complete your FAFSA as soon as possible, if you haven't already done so in order to ensure that your summer funds arrive on-time.

This is especially critical for Class of 2010 and 2011 as this FAFSA will be used to establish your summer loan monies.

You can complete the 2009-10 FAFSA online at www.fafsa.ed.gov. Our school code is 001689.

Winds of March
Winds of March, we welcome you,
There is work for you to do.
Work and play and blow all day,
Blow the winter cold away.

-Unknown

You will notice that there is NOT a renewal option for 2009-10, however, if you completed a FAFSA during 2008-09, your demographic information will automatically populate in your FAFSA.

Just as a reminder, we **HIGHLY ENCOURAGE** you to submit your parent's information with your FAFSA. This allows you to apply for the Health Professions Student Loan, a 5% subsidized loan. If you do not supply parent data, we cannot consider you for this loan. Since funding for this program is limited, it is important that we receive your parent's data on your initial FAFSA (versus adding it later in the year). Parent data is only used to determine eligibility. If your parent data doesn't qualify you for the Health Profession's Loan, it is ignored. So, there is no risk to your financial aid in providing the information.

As always, be sure to answer all of the questions on the FAFSA. If an answer is zero, please do not leave the item blank, just answer 0. On the FAFSA, "blank" doesn't translate into zero, it translates to ineligibility (the assumption is that it's a very high number that you don't want to tell us about).

As always feel free to contact us with any questions: finaid@ico.edu or 312.949.7441

Spotlight on the Library

By Kathryn Johnston

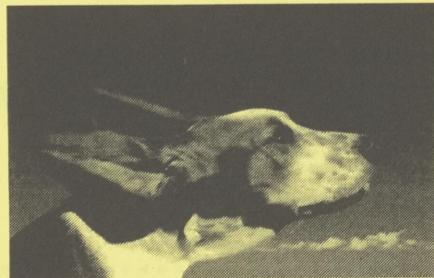
Information Systems Librarian

New Poster

The poster, "Results of an LPI on Narrow Angles Measured with CAM RTVue Instrumentation" by Drs. Keith Tyler and Dominick Opitz is on display in the Library. Please take time to view the poster but direct all questions to the authors.

American Academy of Optometry Meeting Lectures and Handouts

The Library has purchased online access to the audio lectures and slide presentations/handouts of the AAO meeting in October 2008. They can be found on the Library website at <http://icolibrary.library.htm>



under the heading, E-Books, or you can go directly to the AAO website: <http://www.softconference.com/ao>

The internal Library website has the login and password information or ask a fulltime Library staff member.

To view and download audio MP3 files or the lecture handouts:

1. Log in as a returning user.
2. Select the "Annual Meeting" tab from the top menu. From the meetings list, select the link "Click here for content from the Meeting" to view the session list from that particular meeting.
3. A purple button by a lecture indicates whether there is an audio MP3 file or an Adobe document handout. A scroll icon shows that the slides/handouts are available.

Scanners

The Ricoh photocopiers/printers on the first and second floor of the Library also can function as scanners. Directions are posted by each machine. To use the scanner function, choose Global Scan and log on like you would a campus computer or onto the wireless system. Please contact the IS department at x7500 or Library Director, Gerald Dujcik, if you have forgotten your campus user id/pin.

The scans can be saved as PDFs, jpgs, or Word documents. The first floor Ricoh machine also can scan in color, if that preference is chosen. The scans may be emailed to campus or private email addresses. Please contact a library staff member if you need help using these photocopiers/printers/scanners.

Eye Resources on the WWW

The Association of Vision Science Librarians has created a website listing all the best resources on the Internet about the eye and vision at <http://webeye.ophth.uiowa.edu>

One website profiled is the Eye Simulator, which provides an eye motion and pupil response simulator, animations to demonstrate neurological testing, and quizzes to test comprehension. Eye Resources on the WWW also lists organizations, image databases, blogs related to eyecare, institutes, university programs, fulltext journals and electronic versions of books like Ocular Syndromes and Systemic Diseases, and many other helpful resources.

The ICO library provides a similar website for Associations, Societies, and Foundations at <http://library.ico.edu/eyeassn.html>.

A link is provided from the Library's homepage under the heading, More Full Text Sources.

New Library Materials

Many of our new books this month include DVDs to demonstrate ophthalmic procedures, especially surgical techniques. Unless a book is on reserve or reference, the new books are shelved by on the new book shelf by the first floor photocopier/printer.

Coding Companion for Ophthalmology, Ref. Reserve RE20.C63 2008

Myasthenia Gravis and Related Disorders, RC935.M8 M886 2009

Common Neuro-ophthalmic Pitfalls: Case-Based Teaching, RE725.P87 2009

Curbside Consultation in Neuro-ophthalmology, RE725.C886 2009

Corneal Surgery, RE336.C68 2009

Visual Transduction and Non-visual Light Perception, QP491.V579 2008

Diagnostic Atlas of Common Eyelid Diseases, RE121.D88 2007

Sjögren's Syndrome, RC647.5.S5 556 2008

Retina and Vitreous Surgery, RE551.R485 2009

Uveitis and Immunological Disorders,

RE351.U925 2009

Diabetic Retinopathy, RE661.D5D5324 2008
Environmental & Occupational Optometry, RE952.C37 2009

Much of the content of this article is also on our Facebook page. We would love you to become a fan and want to hear from you how we can better inform you about Library services and materials.

Tech Tips

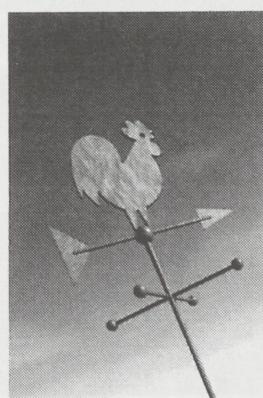
Ahmed Mohammad

Exporting And Importing favorites (Book marks)

If you've already assembled a list of favorites, you can also export those to a file so you can transfer them to another browser or computer.

Exporting Favorites in Internet Explorer for Windows

1. In Internet Explorer, from the File menu, choose Import and Export.... This opens the Import/Export Wizard.
2. Click Next.
3. Select Export Favorites and click Next.
4. You will see a list of folders. Unless you want to export only a portion of your bookmarks, make sure the top folder (labeled Favorites) is highlighted and click Next.
5. If you want to export only one of the subfolders, highlight that folder and click Next.
6. The "Export Favorites Destination" page will appear. Select Export to a File or Address. The default destination is normally your My Documents folder, and the default name of the file is bookmark.htm. To change the name, click in the field where the path is, go to the end, and change bookmark.htm to whatever name you want to give it.
7. If you want to change the destination, click the Browse... button and select where you want to save the file.
8. Click Next, and then Finish.



Your favorites will be saved as a file in the location you chose, where you can copy them, email them, or import them into another web browser.

Importing

In Internet Explorer, you can import favorites from a variety of sources, including another web browser (such as Netscape) or an HTML document. Follow the instructions below for your operating system:

Internet Explorer for Windows

1. In Internet Explorer, from the File menu, choose Import and Export... . This opens the Import/Export Wizard.
2. Click Next.
3. Select Import Favorites and click Next.
4. To import links from another program, such as Netscape, select the radio button for Import from an Application and make a selection from the drop-down menu. If you have more than one profile set up for Netscape, the list will contain all available profiles. Choose the profile from which you want to import the bookmarks.
5. To import from an HTML file, select the radio button for Import from a File or Address and type the path or URL of the file in the field provided.
6. Click Next.
7. Internet Explorer will prompt you for a location within your favorites to store the imported items.
8. Click Next, and then click Finish.
9. You should then see a message saying that the favorites were successfully imported. Click OK.

IS contact procedures.

Phone calls or voice mail to x 7500 or email to support@ico.edu are the expected methods for contact the support team with a problem.

Phone Request:

1. Contact x 7500 for a medium or high priority request. To properly

prioritize your problem or request, please be as descriptive as possible by describing the problem, workstation location and person to contact along with their extension. Press 1 for normal priority messages or press 2 for major system emergencies. If option 2 is selected, calls will be forward to x4500 and the person on-call will be paged.

System Support Email:

2. a. Non-emergency priority problems, or requests such as installing new software, hardware, etc., can be sent via email to support@ico.edu. The email should be as descriptive as possible, including the problem, workstation location and person to contact along with their extension

Did You Know?

Dr. Colip

Abstract: Contact Lens Wear Affects Tear Film Evaporation

The aim of this study was to measure tear film evaporation of both contact lens wearers (CLW) and non-wearers. The hypotheses tested were that (i) amongst CLW tear film evaporation was higher when contact lenses are worn and (ii) tear film evaporation of CLW was higher than non-wearers in the absence of contact lenses.

Tear film evaporation rate was measured at 30% and 40% mean humidity. The subjects were divided into three groups: (i) CLW wearing contact lenses (n=111 subjects or 222 eyes), (ii) CLW having not worn contact

lenses on the day of the visit (CLW no CL n=129 subjects or 258 eyes), and (iii) Non-contact lens wearers (NW) (n=139 subjects or 278 eyes). The rate of evaporation was similar for the right and left eyes at both humidities. The rate of evaporation was significantly higher for the CLW, than for both CLW no CL



and NW. The decrease in the rate of evaporation between the dry (30%) and normal (40%) environmental conditions was significantly lower for the CLW than for the NW. Further, the evaporation rate was significantly greater for the CLW, even after one day without contact lens wear, than for the non-wearers.

According to the authors, the investigation demonstrates that the rate of evaporation is higher in the presence of a contact lens; the effect may be associated with tissue and/or tear film changes as it is, in part, still present 24 hours after contact lens wear. Wearing contact lenses in normal humidity conditions (40%) produces a greater evaporation than that experienced by non-contact lens wearers in low humidity (30%). This could explain the higher prevalence of dry eye complaints among CLW than amongst non-wearers. The study results support the hypothesis of increased evaporation as a contributing factor to contact lens induced dry eyes.

Guillon M, Maissa C. Contact lens wear affects tear film evaporation. Eye & Contact Lens: Science & Clinical Practice. 2008 34(6):326-330.

Eyeball

Well it's just about the time of year when the ladies and gents of ICO get to dress in their best for a night under the stars (quite literally)! That's right...EyeBall is just around the

corner! This year's EyeBall will be held at the Adler Planetarium on March 21st. Admission will be \$65/person and will include charter bus transportation to and from the Planetarium, a three course dinner and two beverages. Ticket sales are on sale until March 13th

2009 Commencement Choir

Any faculty or O.D. degree candidates who would like to be part of this year's commencement choir, please contact Casey Bartz, cbarz@eyedoc.ico.edu at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

CLASSIFIED

Help Wanted

Biomed Assistant needed for minor equipment repair. Flexible hours. For more information call Andy Fabrizius at ext. 7190

RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

| Scholarship | Who's Eligible | Amount | Deadline |
|--|---|---------------|---|
| ASCO Student Award in Clinical Ethics (CIBA Vision) | <ul style="list-style-type: none">3rd and 4th year studentEssay up to 1500 words | \$1,000 | March 9 *Deadline extended to 3/23 electronic submission to dcastells@ico.edu |

| | | | |
|--|---|--|--|
| AOA, Contact Lens and Cornea Section – Five research awards, AMO (resident only award), Allergan (student/resident), CIBA Vision (student/resident), Cooper Vision (student/resident) and Vistakon (student/resident) | <ul style="list-style-type: none"> Research Paper on variety of topics Member of CLCS Present at AOA CLCS Annual Optometry Meeting™ in Washington in June | \$2,000 and ticket/lodging to Optometry Meeting™ (and plaque) \$1,000 runner-up | March 15, 2009 *Deadline extended to April 15, 2009 |
| Multicultural Association Scholarship | <ul style="list-style-type: none"> Member of MCA 1000 word essay on selected topic | \$500 | Noon, Monday, March 30th, 2009 to rzoltosk@ico.edu |
| Congressional Advocacy Conference Scholarship Program (AOA) | <ul style="list-style-type: none"> Voter in U.S. Good academic standing Professionally represent the state in which you vote. And state in which your school located | Travel expense and two night hotel in Washington DC from June 22-24 | April 1, 2009 |
| The Minnie Flaura Turner Memorial Fund for Impaired Vision Research | <ul style="list-style-type: none"> 500 word prospectus of research with letter from faculty member | \$2,500 | April 1, 2009 |
| Hoya Vision Care Grant and Scholarship Program | <ul style="list-style-type: none"> 3 and 4 year optometry students Case report | \$1,000 to each school, \$6,000 winner overall | April 1, 2009 to SAO |
| AOA - Allergan Travel Grant Essay | <ul style="list-style-type: none"> AOSA member Good academic standing Essay 500 word maximum Attend Optometry's Meeting® - June | (2) \$500 travel grants \$1,000 overall winner | April 1st 2009 |
| AOA - The Vision Care Institute Travel Grant Essay | <ul style="list-style-type: none"> AOSA member Good academic standing Essay 500 word maximum Attend Optometry's Meeting® - June | (2) \$595 travel grants \$1,000 overall winner | April 1st 2009 |
| Walman Optical Company Scholarship Program | <ul style="list-style-type: none"> 2 or 3 year | From \$1,000 to 4,000 | April 10, 2009 |
| Dr. Stanley Pearle Vision Scholarship Fund | <ul style="list-style-type: none"> Graduating class of 2010, 2011, and 2012 | (10) \$2,000 | April 15, 2009 |
| Dr. Monty Friedow Scholarship | <ul style="list-style-type: none"> SD resident Third or Fourth Year Upper 50% of class Statement | \$1,000 | April 23, 2009 |

| | | | |
|---|---|------------------|--|
| Dr. Allan V. Wexler Memorial Scholarship Georgia Optometric Assoc. | <ul style="list-style-type: none"> • Georgia Residency • Good standing at school | \$1,000 | April 24, 2009 |
| Optometric Society of Greater Kansas City | <ul style="list-style-type: none"> • From Greater Kansas City Area • Second Third and Fourth Year Optometry Students • GPA | \$500 | April 25, 2009 |
| John Gyles Education Fund | <ul style="list-style-type: none"> • Full time student in college • GPA of 3.0 • Citizen of Canada or U.S. | Up to \$3,000.00 | Mailed by June 1st, 2009 |
| Polish Women's Civic Club, Inc. | <ul style="list-style-type: none"> • U.S. Citizen • One parent of polish heritage • Chicago area resident • 2nd year and beyond • Good grades | Varies | July 1, 2009 |

The Student Affairs Office has more information, so stop by and check it out

F I T N E S S C O R N E R

March is Nutrition Month

This is the perfect time to take stock of your diet. Try keeping a food diary and track what you are eating for one week. At the end of the week, look over your diary to see whether you are meeting ALL of your nutritional needs.

Spring Group Exercise Classes Are On!

The spring group exercise classes have begun. Visit the Fitness page on the View to find the most up-to-date schedule.

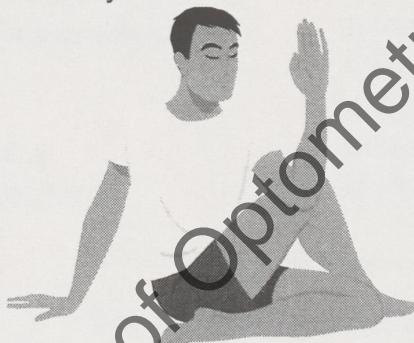
Should Inflexible People Avoid Yoga?

Many people hesitate to begin a regular yoga practice because they feel inflexible.

That's like avoiding an optometrist because your eyes aren't perfect. Check out yoga on Mondays at 10-11am and Wednesdays 5-6pm.

Exercise Videos at ICO

Did you know that the Fitness Department and the Library have joined forces to bring you even more fitness choices? You can now find popular workouts like Pilates for Men, Crunch Kickbox Party, Red Hot Salsa, and lots more in the library. Now anytime is the right time to get in shape physically and mentally. See Irma Chavez in the media section of the library for more information.



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Focal Point

C A M P U S N E W S

Career Development Season

By Tracy Faulkner

Professional Career Development Counselor

I am proud to announce the lineup for the Professional Career Development Office's program season:

Friday - March 27, 2009 at 10:00 a.m. - Individual Sessions with Dr. Richard S. Kattouf

Pick the brain of a Pro-Optometric Professional, Dr. Richard S. Kattouf. Each student must present, in advance, a specific agenda. These visits need to be SPECIFIC regarding practice opportunities as follows:

- Cold Start Ups
- Purchasing a practice
- Buying into a group practice
- Appraising an existing practice

If you have questions about other issues in Optometry, please e-mail Dr. Kattouf at advancedeyecare @hotmail.com.

The available appointments are follows:

10:30 a.m. - 11:45 a.m.

And reconvening at 2:00

p.m. - 4:00 p.m.

Appointments are 15-minutes.

They are scheduled on a first-come first-serve basis. Contact Ms. Faulkner (x7403) to make an appointment. All sessions will take place in the Crouch Family Conference room.

Saturday - March 28, 2009 - Practice Opportunities Symposium

Everyone is invited to the 12th Annual Practice Opportunities Symposium begins at 1:00 p.m. in the lecture center and will progress to the EYEPOD. This year's theme is **The Legacy of Optometry**.

We have transformed the program to encourage student/doctor interaction and to help build your networking and marketing skills. First, there will be a keynote presentation by AOA Trustee, Dr. Mitch Munson of Colorado. Then, there will be a series of interactive discussions for 2.5 hours.

This is your chance to speak to any of nearly 30 doctors, hear about their optometry journey, get their ideas and opinions, and "pick their brains" about a roadmap for your future. They will

"For winter's rains and ruins are over,
And all the season of snows and sins;
The days dividing lover and lover,
The light that loses, the night that wins;
And time remembered is grief forgotten,
And frosts are slain and flowers begotten,
And in green underwood and cover
Blossom by blossom the spring begins."
- Algernon Charles Swinburne, *Atalanta*

The next Focal Point will come out April 9, 2009

represent various modes of optometry, and will be from throughout the country and Canada!

There will be raffle tickets given out at every session. The person with the most tickets wins an amazing prize at the Exhibitor Fair. Also, many of the participants in the Fair will be raffling off prizes as well.

If you don't get a chance to participate in all the sessions you were interested in, don't worry! All of the doctors will be available at their booths in the Exhibitor Fair.

You will also get a chance to see how many companies there are that cater to Optometric professionals. They will be here with all sorts of goodies, and prizes, for you along with really good food and drinks.

Sunday – March 29, 2009

Canadian Practice Opportunities Symposium will be held at noon in the lecture center. The theme will be "Optometry: A Canadian's viewpoint!" Although geared toward Canadian students, everyone is invited.

We will have doctors from Canada who are practicing in Canada, and Canadian doctors who are practicing in the States, and doctors who have done both. We even, have an attorney who is skilled in the endless paperwork associated with practicing in the States and the rules therein.

There will be a product information session during lunch provided by **Optometric Services Inc**, and a Meet N' Greet Student/Doctor reception immediately following the panelists' presentations.

Sunday – April 5, 2009 at 9:00 a.m.

Veteran doctors **Gaddie and Morris** will be on hand with an all day seminar to get you thinking about

big business, specialty practices, managing staff, human resources issues, and residencies. This year will be the group's 3rd year hosting the **Weekend Practice Management Symposium**. The doctors will provide a light breakfast and lunch. The event takes place in the lecture center.

Attention: 1st year students, please be advised an updated list of summer and/or para-professional positions will be forthcoming after these events.

If you have any questions, please stop by the PCD Office on the 1st floor outside the Lecture Center, or send me an e-mail at tfaulkner@ico.edu.

Spotlight on the Library

By Kathryn Johnston

Information Systems Librarian

Library Hours for Spring Break

Thursday, April 9 - 8:00 am-5:00 pm

Friday-Sunday, April 10-12 - CLOSED

Mon.-Thu, April 13-16 - 8:00 am-10:00 pm

Friday, April 17 8:00 am-5:00 pm

Saturday, April 18 - 9:00 am-5:00 pm

Sunday, April 19 - CLOSED

New Poster

The poster, "Primary Care Physician Report and Blood Pressure in a Low Income Uninsured Population" by Janis E. Winters, O.D., Laura MacDonald and Andrea Wittrock is on display in the Library. Please take time to view the poster but direct all questions to the authors.

Laptop Computers

The Library has purchased five HP Elitebook 6930p laptop computers for faculty use. Students and staff may check out the Dell Inspiron 5100 and 4150 laptops or the Dell Latitude D500 or D505 laptops, although they do not have wireless. The laptops are all checked out at the second floor media desk.



The computers may be booked in advance by contacting a Library staff member or using the "Booking" function on the Library's online catalog.

To book a laptop or other equipment or a library study/conference room:

- Go to the Library's catalog iLink at <http://library.ico.edu> off campus, or on campus, <http://http://icolibrary/library.htm>
- Use the dropdown for library to choose Shepard Library and search for the word: "laptop."
- Find the computer you wish to book.
- Click on "Booking" on the top blue toolbar.
- Enter your User ID or your Alt ID (please contact a library staff member if you need your id)
- Set the time you wish to book the computer. Equipment cannot be booked for more than twenty four hours without assistance from library staff.
- Pick up the computer during the allotted time.

Please contact Library staff if you need any assistance. Enjoy spring break and we look forward to seeing you in the Library!

Maino's Memos

Free Audio Books

If you like to read as much as I do...but never have enough time, check out free audio books. Eight-thousand library branches worldwide allow patrons to remotely download digital audio books for free without penalties. New Over Drive software lets you transfer online files to your personal media player, burn CDs and then when titles are due they automatically expire from your player...you don't have to return them...nor do you owe any fines. Find the books you want by going to <http://www.overdrive.com>.

Autism Research

Dr. Debbie Riby a Lecturer at the School of Psychology Newcastle University in the UK, has allowed me to post the abstracts of

several of her papers on my blog. If you are interested in autism and eye-movements you should visit <http://www.MainosMemos.blogspot.com> today.

Back Hurt?

As some of you may know, I've developed a keen interest in those who have back problems. The minute I mention this to just about anyone, I hear how their backs are killing them too! You might want to consider having Ozone gas injected into the herniated disks which may relieve back-related pain and disability without the risks of surgery. Researchers have noted that the improvements were well above clinical significance thresholds and comparable to surgical discectomy. For more info [click here!](http://mainosmemos.blogspot.com/2009/03/ozone-shots-as-effective-as-surgery-for.html) (<http://mainosmemos.blogspot.com/2009/03/ozone-shots-as-effective-as-surgery-for.html>) (Always check with your doctor before deciding on what medical care is best for you!)

NORA

The Neuro-Optometric Rehabilitation Association (<http://www.nora.cc/>) recently held its annual meeting in Portland, OR. More than 200 optometrists, OD students/residents, occupational/physical therapists, chiropractors, patients and MDs participated in their pre-conference programs, grand rounds, and conference activities. ICO was well represented by Dr. Jessica Schara, Dr. Alicia Feis and me.

According to recent articles published in Optometry & Vision Development: Traumatic brain injury (TBI) is a major cause of death and disability worldwide. The Center for Disease Control estimates that at least 5.3 million Americans currently have long term or lifelong need for help to perform *activities of daily living* due to TBI. 1.4 million people a year sustain a TBI with 235,000 being hospitalized and 1.1 million treated and released from an emergency department. Among children up to 14 years of age, TBI results in an estimated 2,685 deaths, 37,000



hospitalizations, and 435, 000 emergency department visits. Then there are our injured armed services veterans returning from Iraq and elsewhere who need treatment of the oculo-visual problems associated with TBI. You should provide the diagnostic and therapeutic services required to improve the life of these individuals. Go to the NORA and COVD websites to learn more.

Babies with Glasses

Have you recently examined an infant? Maybe as a part of the AOA's InfantSee program? Did you prescribe glasses for the little one? Parents no longer need to explain why their child is wearing glasses. The Babies with Glasses website at <http://babieswithglasses.org/> now has clothing for the little ones that clearly state the kids need/require/must have the spectacles.

For this and other tidbits of information, go to Mainos Memos right now! Questions? Contact Dr. Dominick Maino at dmaino@ico.edu.

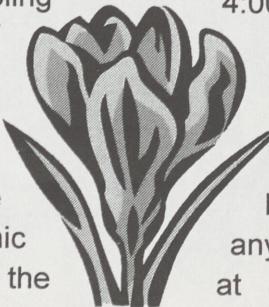
Did You Know?

Dr. Colip

Abstract: Cost-Effectiveness Study of Two Dry Eye Ophthalmic Lubricants

Dry eye is thought to be the most common ocular problem in the United States. However, it is only recently that it has been recognized as a disease with significant economic burden and impact on quality of life. This article presents an economic model of cost-effectiveness of two ophthalmic lubricants commonly used in the treatment of dry eye: Systane and Refresh Tears.

We conducted a meta-analysis, pooling the results of two clinical trials of patients with dry eye treated with Systane and Refresh Tears which presented response rates for improvements in ocular dryness, the key symptom of dry eye. An economic model was used to estimate the



incremental cost-effectiveness ratio (ICER) for Systane versus Refresh Tears over a 12 month treatment period.

Systane is significantly more effective than Refresh Tears at improving symptoms of "dryness" (75% vs 41%). Systane costs on average \$57.79 per year more than Refresh Tears. Assigning a quality-adjusted life year (QALY) gain of 0.03 to responders results in an incremental cost per QALY gain of \$5,837.

The authors concluded that both Refresh Tears and Systane are effective and cost-effective interventions. Systane costs more than Refresh Tears, however clinical trial evidence shows it to be more effective. The ICER for Systane versus Refresh Tears is well below the generally accepted \$50,000 per QALY threshold.

Wlodarczyk, J. and C. Fairchild (2009). United States cost-effectiveness study of two dry eye ophthalmic lubricants. Ophthalmic Epidemiology 16(1): 22-30.

2009 Commencement Choir

Any faculty or O.D. degree candidates who would like to be part of this year's commencement choir, please contact Casey Bartz, (cbartz@eyedoc.ico.edu). Come join us on this exciting day to sing the ICO Alma Mater.

CLASSIFIEDS

Two Work Studies

I am looking for two work study students to work on Monday afternoons from 1:00 pm to 4:00 pm this summer in Suite One. They will be performing Humphrey Visual Fields on our clinic patients. I am looking for someone with a history of working at an office or having done the HVF's before, but it is not a necessity. If you have any questions, please contact Dr. Keith Tyler at ext 7195 or email at ktyler@jco.edu

RESIDENCIES

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residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

| Scholarship | Who's Eligible | Amount | Deadline |
|--|---|--|---|
| AOA, Contact Lens and Cornea Section – Five research awards, AMO (resident only award), Allergan (student/resident), CIBA Vision (student/resident), Cooper Vision (student/resident) and Vistakon (student/resident) | <ul style="list-style-type: none"> • Research Paper on variety of topics • Member of CLCS • Present at AOA CLCS Annual Optometry Meeting™ in Washington in June | \$2,000 and ticket/lodging to Optometry Meeting™ (and plaque) \$1,000 runner-up | March 15, 2009 *Deadline extended to April 15, 2009 |
| Multicultural Association Scholarship | <ul style="list-style-type: none"> • Member of MCA • 1000 word essay on selected topic | \$500 | Noon, Monday, March 30 th , 2009 to rzoltosk@ico.edu |
| Congressional Advocacy Conference Scholarship Program (AOA) | <ul style="list-style-type: none"> • Voter in U.S. • Good academic standing • Professionally represent the state in which you vote, and state in which your school is located. | Travel expense and two night hotel in Washington DC from June 22-24 | April 1, 2009 |
| The Minnie Flaura Turner Memorial Fund for Impaired Vision Research | <ul style="list-style-type: none"> • 500 word prospectus of research with letter from faculty member | \$2,500 | April 1, 2009 |
| Hoya Vision Care Grant and Scholarship Program | <ul style="list-style-type: none"> • 3 and 4 year optometry students • Case report | \$1,000 to each school, \$6,000 overall | April 1, 2009 to SAO |
| AOA - Allergan Travel Grant Essay | <ul style="list-style-type: none"> • AOSA member • Good academic standing • Essay 500 word maximum • Attend Optometry's Meeting® - June | (2) \$500 travel grants \$1,000 overall winner | April 1 st 2009 |
| AOA - The Vision Care Institute Travel Grant Essay | <ul style="list-style-type: none"> • AOSA member • Good academic standing • Essay 500 word maximum • Attend Optometry's Meeting® - June | (2) \$595 travel grants \$1,000 overall winner | April 1 st 2009 |

| | | | |
|---|---|-----------------------|---|
| Walman Optical Company Scholarship Program | <ul style="list-style-type: none"> 2 or 3 year | From \$1,000 to 4,000 | April 10, 2009 |
| Dr. Stanley Pearle Vision Scholarship Fund | <ul style="list-style-type: none"> Graduating class of 2010, 2011, and 2012 | (10) \$2,000 | April 15, 2009 |
| Dr. Monty Friedow Scholarship | <ul style="list-style-type: none"> SD resident Third or Fourth Year Upper 50% of class Statement | \$1,000 | April 23, 2009 |
| Dr. Allan V. Wexler Memorial Scholarship Georgia Optometric Assoc. | <ul style="list-style-type: none"> Georgia Residency Good standing at school | \$1,000 | April 24, 2009 |
| Optometric Society of Greater Kansas City | <ul style="list-style-type: none"> From Greater Kansas City Area Second Third and Fourth Year Optometry Students GPA | \$500 | April 25, 2009 |
| Hilda L. Rand Scholarship Maine Optometric Association | <ul style="list-style-type: none"> Must be from Maine | \$1,000 | May 15 th , 2009 to Mary M. Brooks |
| John Gyles Education Fund | <ul style="list-style-type: none"> Full time student in college GPA of 3.0 Citizen of Canada or U.S. | Up to \$3,000.00 | Mailed by June 1 st , 2009 |
| Polish Women's Civic Club, Inc. | <ul style="list-style-type: none"> U.S. Citizen One parent of Polish heritage Chicago area resident 2nd year and beyond Good grades | Varies | July 1, 2009 |

The Student Affairs Office has more information, so stop by and check it out

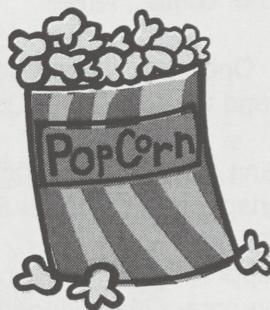
FITNESS CORNER

March is Nutrition Month

This month on, commit to healthier eating with bite size goals. Perhaps you are not getting any fruit in your diet. If this is the case, start with a small goal like eating one piece of fruit a day. From here you can work your way up until you reach your recommended fruit intake.

Is Snacking Good for You?

Have you ever hit an afternoon slump? Snacking can raise your energy level and moderate your food intake. The right snack provides important nutrients, adds fiber to your diet, and helps regulate your blood sugar and cholesterol. If you tend to get hungry after work, make



sure to bring along sliced veggies, fresh fruit, or unbuttered popcorn. Low-fat yogurt and whole-grain, low-sugar granola bars are other satisfying ways to keep hunger at bay.

Stressed about Exams

Appointments are available for on-campus seated massage every Tuesday. Our certified Massage Therapist offers seated massage in time increments from 10-60 minutes with prices starting at just \$10! To schedule a session or learn more, contact Shirmel Richards at srichards@ico.edu

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American Optometric Association
Contact Lens and Cornea Section

Attention Students and Residents! - 2009 AWARD OPPORTUNITIES

The CLCS is excited to announce **FIVE RESEARCH AWARD OPPORTUNITIES!**

Students and contact lens/anterior segment disease residents will be asked to write research papers on a variety of topics that are highly pertinent to the field of contact lenses.



Advanced Medical Optics is supporting a **resident** award for research papers discussing: "Care and Compliance in Contact Lens Success."



Allergan is supporting a **student/resident** award for research papers discussing: "Contemporary Management of Ocular Surface Disease."



CIBA Vision is supporting a **student/resident** award for research papers discussing: "Contemporary Management of Astigmatism."



Cooper Vision is supporting a **student/resident** award for research papers discussing: "Contact Lens Problem-Solving Beyond Oxygen, A Case Report."



Vistakon is supporting a **student/resident** award for research papers discussing: "My Most Challenging Contact Lens Case."

Each award will include:

- One first-place award providing a **\$2,000** check, round-trip airfare and two nights stay at Optometry's Meeting®, a prestigious plaque, and acknowledgement at the Annual Business Meeting of the CLCS at Optometry's Meeting® this June in Washington, D.C.
- Two "runner-up" awards will provide a **\$1,000** check and certificate.

AWARD SUBMISSION CRITERIA:

1. Must be a current CLCS member. (If you are an AOSA member, you are also a CLCS member.)
2. Must meet the submission deadline of **April 15, 2009**.
3. Must include complete contact information with submission.
4. Must specify which award submission your research paper covers.
5. Must include a reference page.
6. Must be present at the AOA CLCS' Annual 2009 Optometry's Meeting® events if attending OM. (First-place winner attendance at AOA CLCS' Annual 2009 Optometry's Meeting® events is mandatory.)

The CLCS Awards Committee will review and score the research papers on relevancy, clinical findings/analysis, and conclusion write up. Highest score wins!

Submissions should be e-mailed to MBRhomberg@aoa.org and a hard copy mailed to:

AOA Contact Lens and Cornea Section, Attn: Dr. Mary Beth Rhomberg
243 North Lindbergh Boulevard, Floor 1
St. Louis, MO 63141

Applicants will be notified of the committee's decision prior to April 30. For further information, please contact Dr. Rhomberg at (800) 365-2219 ext. 4148.



Focal Point

Eyeball Thanks

The Student Association wanted to thank all of you who attended the Eyeball! We hope you had a fun and memorable time at the Planetarium!

Traditionally we announce all Colleague of the Year and SA Scholarship winners at the Eyeball, so for those of you who weren't able to join us please congratulate the following winners if you get a chance:

Class of 2010 Colleague of the Year: Efren
Gomez

Class of 2011 Colleague of the Year: Beth
Knighton

Class of 2012 Colleague of the Year: Erik Mothersbaugh

1st Place SA Scholarship winner: 2nd year
Melissa Lippins

2nd Place SA Scholarship winner: 4th year
Christina East

"And Spring arose on the garden fair
Like the Spirit of Love felt
everywhere;
And each flower and herb on Earth's
dark breast
Rose from the dreams of its wintry
rest.

~Percy Bysshe Shelley, *The Sensitive Plant*

3rd Place SA Scholarship winner: 4th year
Casey Bartz

Congratulations also goes out to our raffle winners who got lucky and won a \$100 Visa gift card:

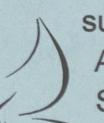
1st years, Maggie Albertson & Ryan Le, 1st year guest Kari Carelli, 2nd year Raza Uddin, & 3rd year Ben Crawford.

Stay tuned for the Student Association elections! Hope all of you have a great week!
Tiffany Andzejewski, Student Association Secretary

Congratulations

Congratulations to Mark Burke on receiving the Omega Leo of the Year award for Lions District 1-A at the Annual dinner. This is the first time that the district has presented this award. It recognizes all of Mark's efforts and enthusiasm for Lions Club/Leo Club programs.

Residencies



Interested in doing a residency and not sure how to go about applying? AAO Student Chapter and Student Association are bringing you the annual Residency Panel to get your questions answered! It's being held on Thursday, April 30th at 5:30 pm in Room 1202. Pizza will be served. Hope to see you there!!!



Spotlight on the Library

By Kathryn Johnston

Information Systems Librarian

Library Hours for Spring Break

| | |
|------------------------|----------------------|
| Thursday, April 9 | 8:00 am-5:00 pm |
| Fri.-Sun., April 10-12 | CLOSED |
| Mon.-Thu., Apr.13-16 | 8:00 am-10:00 pm |
| Friday, April 17 | 8:00 am-5:00 pm |
| Saturday, April 18 | 9:00 am-5:00 pm |
| Sunday, April 19 | CLOSED |
| Monday, April 20 | Regular hours resume |

Poster displays in the library lobby will resume following Boards.

Facebook Suggestions – Please contact Mr. Dujcik if you have suggestions for improving the library's Facebook presence or the main web pages.

Please contact Library staff if you need any assistance. Enjoy spring break and we look forward to seeing you in the Library!

Quality Quips

Michael R Butz, MBA

Director of Quality Improvement and Privacy Officer

Why Do We Care About Clinical Practice Guidelines?

According to the Institute of Medicine, "Clinical practice guidelines are systematically developed statements to assist practitioner and patient decisions about appropriate health care for specific clinical circumstances. They define the role of specific diagnostic and treatment modalities in the diagnosis and management of patients. The statements contain recommendations that are based on evidence from a rigorous systematic review and synthesis of the published medical literature."

Clinical practice guidelines are regularly updated and are based on the best available evidence for particular types of care. They are designed to both increase the quality of care

provided as well as help standardize the way that care should be delivered, allowing for easier and more meaningful comparisons between healthcare providers and facilities. Clinical practice guidelines are not rigid documents that must be followed; the practitioner's knowledge, expertise and experience are still paramount in decision-making. However, very few practitioners have the time or resources to scour healthcare journals and distill scores of papers on a particular subject. Thankfully, this is done for us.

Each division of healthcare generally develops the guidelines for their profession. The American Optometric Association wholly supports the use of clinical practice guidelines. The AOA-developed optometric guidelines cover the vast majority of optometry and are regularly updated.

In the newly posted Illinois Eye Institute Policy and Procedure Manual (www.ico.edu/policies), I have included a full chapter containing all 20 AOA clinical practice guidelines. Additionally, optometric-focused guidelines from the National Guideline Clearinghouse (www.guideline.gov) are included. These are the most recent and accurate recommendations for care.

I urge all students, residents and faculty to look through some of the guidelines in the IEI Policy Manual - especially those for your particular specialty. As a provider of optometric care, it behooves you to keep current with changes in best practices. This ensures not only that you are giving the very best possible care to your patients, but helps to keep you competitive in a frequently crowded marketplace.

The best way to keep up is by regularly reviewing the evidence-based clinical practice guidelines available to you as a healthcare provider.

Maino's Memos

Did You Know that...Shoot-'em-up games may be good for your eyesight.

Doctors may start prescribing a dose of violent conflict, if a trial confirms evidence that computer gaming improves eyesight. Six years ago Daphne Bavelier at the University of Rochester, New York, exploded the myth that gaming is bad for your eyes by showing that expert gamers outperform non-gamers at a variety of visual tasks (New Scientist, 31 May 2003, p 11). Now she has demonstrated that playing action-packed video games improves a person's ability to perceive contrast, a skill we rely on in dark conditions.

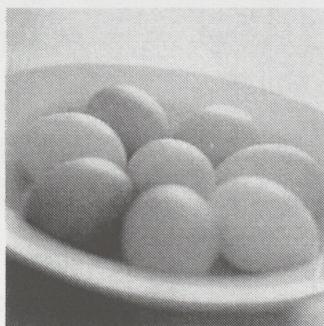
Comments: We already have many therapeutic computer programs in the Pediatric/Binocular Vision Service. Come for a visit to Peds/BV to see the hi-tech computer treatment programs.

CAM Therapies

More children than ever are being treated with complementary and alternative therapies. Recent studies indicate that about 30 percent of healthy children and up to 50 percent of children with chronic disease are using some kind of alternative therapy.

Some types of therapies that may be beneficial for children:

- **Yoga.** Experts suggest that pediatric patients participate in yoga as a form of therapy.
- **Tai chi.** Research shows teenagers encounter a lot of stress, which puts them at risk for depression.
- **Probiotics.** These live bacteria, similar to those found in the human stomach, can be found in dietary supplements or in food, such as yogurt. Used to treat antibiotic-associated diarrhea, controlled studies have shown probiotics are safe for children.



Vision Therapy Patient Blogs About Her Experience

ONE EYED GIRL - My Life with Strabismus is a blog about an adult being treated for strabismus using optometric vision therapy. Just like "Stereo Sue", she may be able to obtain true 2 eyed vision with depth perception.

Additional Stereo Sue information links:

Oliver Sacks, A Neurologist's Notebook, "Stereo Sue," The New Yorker, June 19, 2006, p. 64

Going Binocular: Susan's First Snowfall

Improving Depth Perception - Success with Visual Disabilities ...

Stereo Sue: 3-D Vision After All These Years (Listen to NPR Audio)

Rewiring My Old Brain

By Susan R. Barry, Ph.D. on April 1, 2009 - 1:46 pm in Eyes on the Brain

Imagine that you are a professor of neurobiology who, for the past seventeen years, has been lecturing to your students on the conventional wisdom about the brain. Then, quite unexpectedly, you discover through your own experiences, that the conventional wisdom is not so wise. This is exactly what happened to me.

Free Medical Care for your Patients

You might want to let your patients know that: Walgreens is extending a helping hand to unemployed, uninsured workers and their families, offering to treat minor aches and pains for free at its Take Care clinics in 342 locations in some 30 metro areas. But there's a catch: To be eligible, workers or their family members have to have visited a Take Care clinic in the past.

Comments: Chicago has several locations for patients to go to click <http://www.takecarehealth.com/clinic-locations.aspx?region=7> to learn more.

TBI Patients at the IEI

Many of you have referred patients with traumatic brain injury (TBI) to me and I deeply appreciate it. Please continue to do so. I will see them on Tuesdays in our Developmental Disabilities Service in Pediatrics/Binocular Vision area. Even mild TBI (say a repeated head injury from butting a soccer ball on the head) can cause problems. Please start to routinely ask your patients if they have ever had a TBI. If so send them to me! Thanks.

For more information about the vision problems of children, those with disability and other topics go to <http://mainosmemos.blogspot.com/> and keep up to date with the latest research.
*Dominick M. Maino, OD, MEd, FAAO,
FCOVD-A
Professor of Pediatrics/Binocular Vision*

Did You Know?

Dr. Colip

Recovery After Discontinuation of Overnight Orthokeratology

Thirty-four eyes of 17 subjects undergoing orthokeratology for 12 months were examined to prospectively examine the recovery of various corneal and visual parameters after discontinuation of overnight orthokeratology. Refraction, corneal topography, wavefront aberrometry, visual acuity test and contrast sensitivity test were performed at baseline, 12-months after commencement of the procedure, and 1 week and 1 month after discontinuation of the treatment. Asymmetry and higher-order irregularity components were calculated using Fourier analysis of the corneal topography data. Contrast sensitivity was assessed at four spatial frequencies, and the area under the log contrast sensitivity function (AULCSF) was calculated.

Orthokeratology significantly reduced manifest refraction, and significantly improved uncorrected visual acuity (UCVA) at 12 months after commencement of the procedure.

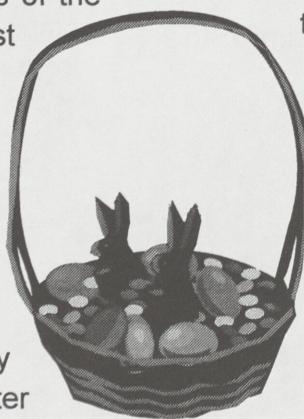
Asymmetry and higher order irregularity components significantly increased, and third- and fourth-order aberrations also significantly increased. The treatment resulted in significant decreases in AULCSF. After discontinuing lens wear, all parameters, such as refraction, UCVA, asymmetry, higher-order irregularity, third-order aberration, fourth-order aberration and AULCSF fully returned to the baseline level within 1 month.

This study confirmed that the effect of orthokeratology is completely reversible in light of optical quality of the eye and quality of vision as well as refraction and visual acuity.

SOURCE: Hiraoka T, Okamoto C, Ishii Y, et al. Recovery of corneal irregular astigmatism, ocular higher-order aberrations, and contrast sensitivity after discontinuation of overnight orthokeratology. Br J Ophthalmol 2008;Nov 19 [Epub ahead of print].

What Will Replace the Vanishing Radiuscope?

With the disappearance of the radiuscope, alternative methods must be developed to accurately measure gas permeable (GP) lenses. The purpose of this study was to design, manufacture and test a novel attachment for the evaluation of spherical base curves of GP rigid contact lenses using a corneal topographer. A topographer attachment was devised with the intent of measuring the surface radii of GP lenses. A front-surface mirror was fixed at a 45-degree angle above a hemispherical GP lens mount taken from a radiuscope. The device was set in the chin rest of a Humphrey Atlas topographer such that the image from the back of a GP surface was focused. The base curve radii of 9 rigid polymer buttons nominally ranging from 5.00 mm to 9.00 mm in 0.5-mm steps were measured three times with a Neitz Auto CG, Reichert Radiuscope and Humphrey Atlas topographer using the base curve (BC) attachment.



An analysis of variance with replication and without interaction, using the main effects of measurement method ($n = 5$) and nominal button radius ($n = 9$), found that there was no statistically significant effect of the base curve measurement method, although there was a statistically significant effect of nominal button radius.

Although the optical system of the corneal topographer was designed for measurement of convex surfaces, measurement of base curve radii from concave surfaces was performed without a correction factor using the prototype attachment. The mean SimK and Axial radii were within the tolerance for GP base curve radius, 0.05 mm, cited in ANSI Z80.20-2004 and ISO 18369-2:2006. Thus, the clinical feasibility of this prototype BC attachment to support measurement of spherical base curve radii for GP lenses by a corneal topographer was demonstrated.

SOURCE: Elder KS, Benjamin WJ. Prototype base curve attachment for the topographer: what will replace the vanishing radiuscope? Optometry. 2009;80(3):131-7.

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C L A S S I F I E D S

Biomed Assistant Wanted

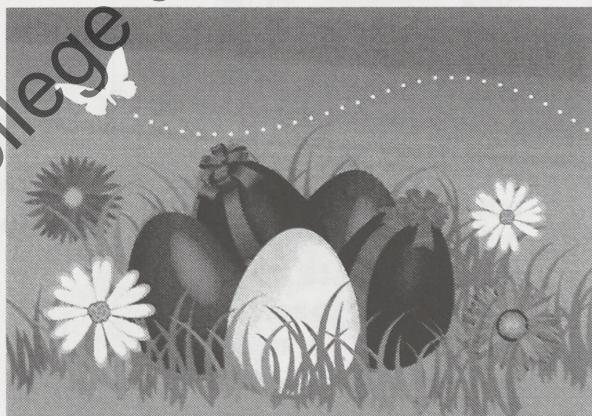
Biomed Assistant need for minor equipment repair. Flexible hours. Contact Andy Fabrizius at ext. 7190

Two Work Studies

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R E S I D E N C I E S

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S C H O L A R S H I P S

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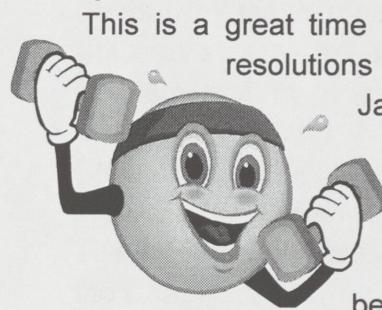
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| Optometric Society of Greater Kansas City | <ul style="list-style-type: none"> • From Greater Kansas City Area • Second, Third and Fourth Year Optometry Students • GPA | \$500 | April 25, 2009 |
| Lucille and Edward R. Roybal Foundation | <ul style="list-style-type: none"> • Hispanic, in graduate program – pharmacy, optometry, nursing or public health • GPA of at least 2.50 • Commitment to serve low-income Latino communities in the US • Financial need | \$5,000 for graduate students | May 1, 2009 to Foundation. Check website: roybalfoundation.org |
| Hilda L. Rand Scholarship Maine Optometric Association | <ul style="list-style-type: none"> • Must be from Maine | \$1,000 | May 15th, 2009 to Mary M. Brooks |

| | | | |
|--|---|------------------|--|
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| Polish Women's Civic Club, Inc. | <ul style="list-style-type: none"> • U.S. Citizen • One parent of Polish heritage • Chicago area resident • 2nd year and beyond • Good grades | Varies | July 1, 2009 |

The Student Affairs Office has more information, so stop by and check it out

F I T N E S S C O R N E R

April Health & Wellness Tip



This is a great time to look over those resolutions you made in January. Are you still on target? Don't let one slip knock you off track! If you've been less active or not eating as healthfully as you'd like to, use this as an opportunity to start fresh with renewed energy and enthusiasm. Remember to not feel guilty! One lapse won't prevent you from reaching your long-term health goals. Put it in perspective of a whole lifetime of healthy choices.

Time is Running Out!

Before you know it, the end of the school

year will be here. Have you used your massage gift certificate? Final appointments are being booked for Tuesday, April 14th & the 28th. To schedule a session or learn more, contact Shirmel Richards at srichards@ico.edu

Fitness Event Around Town

April is Sexual Assault awareness month. Guys can take part in the first annual Walk a Mile in Her Shoes Event on Saturday, April 26. Walk a Mile In Her Shoes is a unique event, geared towards men, that invites participants to walk a mile in women's shoes, showing support for organizations that provide assistance to sexual assault survivors. Women, children and groups are also welcome to participate. For more information, contact the YWCA at info@ywcachicago.org.



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Focal Point

C A M P U S N E W S

Commencement

Commencement will be held at Rockefeller Chapel on the campus of the University of Chicago at 11 a.m. on Saturday, May 16th. Rockefeller Chapel is located at 5850 South Woodlawn Avenue. A reception honoring the Class of 2009 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Commencement Speaker

Peter H. Kehoe, O.D. was elected to the American Optometric Association (AOA) Board of Trustees in 1999 and re-elected in 2002. Dr. Kehoe is currently serving as the President of the AOA. He also serves as a member of the AOA Executive and Agenda Committees and is board liaison to the American Academy of Optometry and National Optometric Association. Dr. Kehoe is a past president of the Illinois Optometric Association and was named Optometrist of the Year in 2001. He is a 1984 graduate of ICO and has served as Vice

President of the ICO Alumni Council. Dr. Kehoe is a Fellow of the American Academy of Optometry and also a principal in a multi-location group practice in Galesburg, Illinois.

Commencement Capstone Program

Congratulations to the Class of 2009!

Wednesday, May 13, 2009 will be a day of activity for the graduating class. Here is the schedule:

12:30 p.m. Graduates board Trolleys to Rockefeller Chapel

1:00 p.m. Commencement Rehearsal at Rockefeller Chapel

2:30 p.m. Capstone sponsors expected to arrive on campus and set up information tables

3:30 p.m. Graduates arrive on campus, graduates mingle and visit with sponsors at information tables

3:50 p.m. Begin serving at all stations

4:15 p.m. Presentation of school gift by 4th year reps: Joseph Ledford & Billi Jayne Prinzen, 4th Year Awards

Presentation, Capstone Dinner & Dessert – Gymnasium, opportunity for graduates to visit



"Hark, I hear a robin calling!
List, the wind is from the south!
And the orchard-bloom is falling
Sweet as kisses on the mouth.

In the dreamy vale of beeches
Fair and faint is woven mist,
And the river's orient reaches
Are the palest amethyst.

Every limpid brook is singing
Of the lure of April days;
Every piney glen is ringing
With the maddest roundelays.

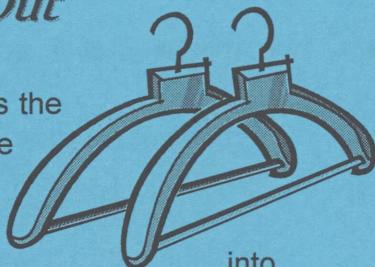
Come and let us seek together
Springtime lore of daffodils,
Giving to the golden weather
Greeting on the sun-warm hills."

~ Lucy Maud Montgomery,
Spring Song

sponsor information tables
5:00 p.m. Graduates mingle and visit with sponsors at information tables
5:15 p.m. Cap & Gown Pickup (Lecture Center all rooms) Yearbook Distribution – Lecture Center (Sponsor Gift distribution: outside Lecture Center)

How to Clean Out your Closet

Step 1: Purge. Purging is the key to get organized. Take everything out of the closet.



Step 2: Sort: put them into one of the three piles: **KEEP**, **DUMP**, **DONATE**

Step 3: Put your **KEEP** pile back, throw away **DUMP** pile, and bring the **DONATE** pile to ICO.

ICO will be having a Spring Clothing Drive from APRIL 29th to May 15th. Bins will be located:

- 1. President's Circle Lounge** - In front of the Student Association Board and beside the ATM.
- 2. RC lobby** - In front of the Events Board.

Spotlight on the Library

By Kathryn Johnston

Information Systems Librarian

Library Hours for May

| | | |
|-----|-------|----------------|
| Fri | 05/08 | 7 am to 12 am |
| Sat | 05/09 | 8 am to 12 am |
| Sun | 05/10 | 10 am to 12 am |
| Mon | 05/11 | 7 am to 12 am |
| Tue | 05/12 | 7 am to 12 am |
| Wed | 05/13 | 8 am to 12 am |
| Thu | 05/14 | 8 am to 12 am |
| Fri | 05/15 | 7 am to 5 pm |
| Sat | 05/16 | Closed |
| Sun | 05/17 | Closed |
| Mon | 05/18 | 8 am to 5 pm |
| Tue | 05/19 | 8 am to 5 pm |
| Wed | 05/20 | 8 am to 5 pm |
| Thu | 05/21 | 8 am to 5 pm |
| Fri | 05/22 | 8 am to 5 pm |



| | | |
|-----|-------|-----------------------------------|
| Sat | 05/23 | Closed |
| Sun | 05/24 | Closed |
| Mon | 05/25 | Closed |
| Tue | 05/26 | Summer Q hours begin 8 am to 9 pm |

First and Fourth Year Students

All library books checked out by first and graduating fourth year students will be due on May 13. All fourth year students must return their library materials in order to graduate.

After commencement, graduates will have their library status changed to "alumni" and will again have full library privileges to check out items, except for equipment.

First year students may check out and keep library materials over the summer upon request. Please ask a fulltime library staff member if you need to check out or renew items for later than May 13.

VisionCite for Alumni

Alumni may have access to VisionCite via an annual subscription. Alums get a 20% discount on the annual fee which brings the cost down to \$40.00. Alumni also may request to have articles or books sent to them at no charge. The articles usually are emailed as PDF scans; the books need to be mailed back.

New VisionCite Articles and New Library Book Alerts

The Library can automatically notify you if new articles or books are acquired on your research topics. We can either set it up so that you receive a regular email for new material on particular subjects added to the collection or you can designate My Favorites on our website and save your own search topics.

To create My Favorites, go to the Library's website at <http://icolibrary/library.htm> if on campus, or <http://library.ico.edu> off campus. Click on Online Catalog. In the top right corner, enter your library user ID and PIN. (Please contact a library staff member if you

need to obtain your library user id and pin.) Search the library catalog using the desired search terms and/or authors. Find an item that best fits your research interests. On the left side bar, click on "Tell me when new materials on these topics are available." The Library's website now will list your favorite topics and/or authors on the screen whenever you log on to your account.

To receive the email alerts or for help in setting up your own My Favorites, please contact Kathryn Johnston, Information Systems Librarian at kjohnsto@ico.edu or at ext. 7153. More detailed instructions also are listed on the Library's website and Facebook FAQs.

Credo Reference

Please try out the Credo Reference, an online reference service we are testing through May 15. Credo Reference can be found by logging on to TheView, clicking on Library, and then News From the Library or typing in <http://www.credoreference.com>. Credo Reference contains over 3 million entries and searches 400 online reference books such as the *Dictionary of Optometry and Visual Science* or the *Cambridge Dictionary of Human Biology and Evolution*. Credo Reference also includes images, and audio and video clips. It is easy to expand or narrow the search topics and the website also can automatically launch searches into our online catalog, iLink, as well as the research databases of PubMed, EbscoHost, WilsonSelect and Google Scholar. We appreciate your feedback on whether this online source of definitions and background information would be useful to the ICO community.

Happy Arbor Day and we hope to see you in the Library!

Summer of 2009

Mailing Guidelines

First Year Students – Your First Class mail will be sent to your summer mailing

address. Bulk mail and magazines are not forwarded to you during the summer months. Magazines will be put in your mailboxes when you return for the Fall Quarter.

Please make sure that the Registrar's Office has your correct summer mailing address. The Registrar Office supplies the mailroom with your address labels. If you are staying in Chicago for the summer, please use your ICO mailbox number as your summer address.

Externship Students – The mailroom will send your mail to your externship address once each week. You will receive your mail, magazines, ICO related materials, and other pertinent information addressed to you. You will not receive any catalogs as these will be discarded.

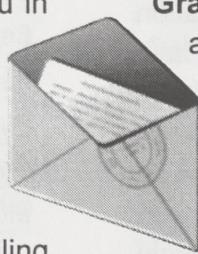
It is very important that the **Community Based Education Office** be informed of your mailing address for each quarter you are away on externship. The **Community Based Education Office** provides the mailroom with your address.

Externship students that live within a 15 mile radius of ICO will need to come and pick up their mail.

Bottom line: If we do not have an address for you, we cannot send you your mail!

When you reach your externship destination, please make sure that your name is on the mailbox where you live. Every quarter, the mailroom receives returned mail from externship addresses because the name on the mailbox does not match the name on the mail.

Graduating Students - Mail will be forwarded after graduation to the address you have supplied to the Registrar's Office. Unfortunately, magazines are unable to be forwarded. Please change your address with the company that supplies your magazine. The mailroom will



forward your mail only for the summer quarter following graduation.

The Registrar's Office provides the mailroom with the addresses for graduates; therefore please make sure that the address you provide is correct. If you will be here after graduation, please notify Daisy or Diane in the mailroom. Arrangements can be made for you to continue using your mailbox through the summer quarter.

Please Return Your Mailbox Key Before You Graduate! Keys may be turned in at the Mailroom or when you pick up your Cap & Gown

If you have any questions please stop by the mailroom and speak with Daisy or Diane. Thank you for your cooperation and understanding of these matters.

Helena (Daisy) Varkalis, Ext. #7085
Supervisor, Mailroom & Printroom

Did You Know?

Dr. Colip

Systemic Tuberculosis Presenting with Acute Transient Myopia

Transient myopia has been reported to occur in a number of conditions, either ocular in origin or associated with an underlying systemic cause. This rare case presents this abnormality occurring in systemic tuberculosis.

A 29-year-old Indian woman presented with sudden onset blurred distance vision and fever. Examination revealed visual acuity of counting fingers in both eyes improving to 20/30 with pinhole with N5 reading acuity. Anterior segment examination revealed narrow angles on gonioscopy. Posterior segments were normal. Systemic examination revealed a fluctuant mass in her left loin, aspiration of which yielded pus that was culture positive for *Mycobacterium tuberculosis*. The Mantoux test elicited a strongly positive reaction. Chest X-ray and magnetic resonance imaging of the brain

were unremarkable. Computed tomography scan and magnetic resonance imaging of the spine and abdomen revealed a large psoas abscess communicating with the loin mass. Two vertebrae were involved but not the spinal cord or canal.

Transient myopia is a rare presenting feature of systemic tuberculosis. A postulated mechanism in this patient is that development of a uveal effusion related to systemic tuberculosis caused anterior rotation of the iris-lens diaphragm, thereby inducing narrowing of the angle and acute myopia.

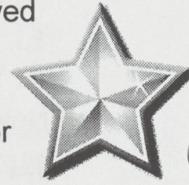
SOURCE: Aslam SA, Kashani S, Morley RK. Systemic tuberculosis presenting with acute transient myopia: a case report. J Med Case Reports 2008;Nov 17;2(1):350.

Winter Quarter Dean's List

The following full-time students achieved superior academic performance during the Winter, 2008 quarter by earning a quarterly grade point average of 3.50 or better

and no grade below a "B" and/or Honors (H) in all Patient Care courses:

| | |
|--------------------------|----|
| Ahmed, Farha | Y3 |
| Alberts, Jessica J. | Y1 |
| Ali, Imran | Y4 |
| Andrzejewski, Tiffany M. | Y3 |
| Ansari, Sabriya | Y1 |
| Bagga, Ujjwal | Y2 |
| Baker, Daniel W. | Y4 |
| Bakota, Jill M. | Y3 |
| Barnes, Jason D. | Y3 |
| Bartz, Casey C. | Y4 |
| Battin, Joseph W. | Y3 |
| Beatty, Rachael M. | Y4 |
| Begotka, Brandon A. | Y4 |
| Belukov, Snezhana | Y1 |
| Bernot, Joshua M. | Y4 |
| Bertacchi, Zeana B. | Y4 |
| Bertelsen, Kristin L. | Y3 |
| Bhagat, Anisha B. | Y1 |
| Bloomberg, Justin D. | Y4 |



| | |
|---------------------------|----|
| Blow, Ronald K. | Y3 |
| Boon, Staci A. | Y1 |
| Borgman, Christopher J. | Y3 |
| Bowen, Nicholas C. | Y3 |
| Brandt, Jonee E. | Y2 |
| Breuer, Joni R. | Y3 |
| Burgos, Mary G. | Y2 |
| Burton, Jennifer M. | Y3 |
| Butt, Seher | Y1 |
| Chandrasekharan, Nivedita | Y1 |
| Chang, Christine | Y2 |
| Chang, Hyewon L. | Y1 |
| Chang, Kuei-Yu | Y1 |
| Chen, Melissa P. | Y4 |
| Chhibba, Mani | Y2 |
| Cho, Simon | Y4 |
| Christensen, Krystal A. | Y4 |
| Collison, Frederick T. | Y3 |
| Condie, Jessica A. | Y3 |
| Connors, Colin V. | Y4 |
| Copeland, Gina C. | Y3 |
| Copilevitz, Lori A. | Y3 |
| Crabtree, Ashley N. | Y4 |
| Crist, Michelle | Y3 |
| Curosh, Lauren J. | Y1 |
| Deal, Justin D. | Y2 |
| Deibert, Ryan K. | Y4 |
| Desai, Achyut D. | Y4 |
| Dhalla, Ruhee | Y3 |
| Diehl, Christopher S. | Y2 |
| Dodgen, Anne E. | Y4 |
| Drees, Adam J. | Y4 |
| Drey, Eric M. | Y4 |
| Durst, Jennifer M. | Y2 |
| Ebeling, Sarah K. | Y4 |
| Eigenberg, Andrea M. | Y3 |
| Elias, Yair S. | Y3 |
| Elton, Thomas I. | Y2 |
| Eng, Anne M. | Y3 |
| Estrada, Christina M. | Y3 |
| Fast, Christina M. | Y4 |
| Ferguson, Jenny B. | Y4 |
| Fitch, Phillip N. | Y3 |
| Fliman, Nelly | Y2 |

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|----------------------------|----|
| Flynn, William J. | Y4 |
| Foley, Lauren B. | Y1 |
| Fong, Sarah M. | Y2 |
| Gaan, Sabrina M. | Y4 |
| Gaudreau, Parya | Y1 |
| Gehrlein, Emily J. | Y2 |
| Gengelbach, Laura E. | Y3 |
| Giannetti, Jace P. | Y4 |
| Glose, Jennifer M. | Y3 |
| Grabar, Kristen A. | Y4 |
| Grewal, Camy | Y4 |
| Groshek, Delia A. | Y3 |
| Gruszka, Melinda L. | Y4 |
| Guthrie, Jeffrey K. | Y4 |
| Han, Hannah | Y3 |
| Harrison, Catherine A. | Y2 |
| Hasan, Farooq M. | Y1 |
| Hassan, Sura | Y1 |
| Head, Jessica E. | Y1 |
| Hebda, Jonathan E. | Y4 |
| Hell, Timothy J. | Y3 |
| Hempelmann, Adrianna M. | Y4 |
| Henriksen, Nicole A. | Y3 |
| Highsmith, Brittany S. | Y2 |
| Hinderscheid, Cassandra A. | Y2 |
| Hol Jamie C. | Y4 |
| Hoang-Tran, Trang-Dai V. | Y3 |
| Hodgins, Karen M. | Y3 |
| Hontz, Jessica E. | Y2 |
| Horst, Jeffrey D. | Y4 |
| Hunsader, Jennifer L. | Y4 |
| Hunter, Quinlin P. | Y2 |
| Huynh, Doan Trang T. | Y1 |
| Huynh, My-Nga T. | Y3 |
| Jackson, Trichelle | Y1 |
| Jang, Un-Sun Sarah | Y4 |
| Jeziorny, Lisa M. | Y2 |
| Johnson, Jalyn K. | Y3 |
| Johnson, Kristina M. | Y2 |
| Kaler, Jagpreet | Y4 |
| Kamal, Sahar S. | Y1 |
| Kemmerer, Thomas J. | Y1 |
| Kim, Debbie J. | Y4 |
| Klabunde, Jessica L. | Y2 |

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|-------------------------|----|
| Kluss, Marlene M. | Y4 |
| Koroll, Cassandra H. | Y3 |
| Kosir, Michael F. | Y4 |
| Kowalski, Jonathan T. | Y1 |
| Krohn, Courtney A. | Y3 |
| Kroll, Christine M. | Y2 |
| Kunz, Thomas J. | Y2 |
| Kusek, Amy E. | Y3 |
| Lachenman, Kathryn L. | Y2 |
| Laming, Luann R. | Y1 |
| Lammert, Dianne L. | Y1 |
| Langford, Matthew S. | Y3 |
| Le, Lan T. | Y4 |
| Lee, Christine J. | Y3 |
| Lee, Kobie | Y4 |
| Lee, Louis K. | Y2 |
| Lee, Wilfred Y. Y. | Y1 |
| Liepins, Melissa A. | Y2 |
| Lillie, Nicholas V. | Y2 |
| Lindsay, Elizabeth R. | Y4 |
| Lo, Valencia Z. | Y4 |
| Longo, Marian L. | Y2 |
| Luu, Mai N. | Y4 |
| Ly, David | Y1 |
| Lyons, Stephanie | Y4 |
| MacDonald, Laura S. | Y4 |
| Majewicz, Maria | Y2 |
| Makoni, Tafadzwa C. | Y2 |
| Manastersky, Natalia A. | Y4 |
| Markowitz, Sharon S. | Y3 |
| Martinson, Christine L. | Y3 |
| Matsuura, Marjorie Y. | Y1 |
| McKee, Natalie K. | Y1 |
| McPeek, Christa N. | Y4 |
| Menconi, Michael W. | Y4 |
| Michel, Kimberly A. | Y1 |
| Millet, Lucia E. | Y3 |
| Milunas, Viktoria V. | Y1 |
| Montreal, Meghan | Y2 |
| Mulanix, Gerianne J. | Y3 |
| Mulder, Andrew J. | Y4 |
| Murphy Watt, Katherine | Y2 |
| NaNiah R. | Y1 |
| Nebelsick, Keri D. | Y2 |



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|------------------------|----|
| Nehls, Alicia A. | Y2 |
| Nguyen, Tony T. | Y4 |
| O'Brien, Patrick J. | Y4 |
| Oliver, Kelly D. | Y3 |
| Olson, Ross J. | Y2 |
| Ottaviano, Adam J. | Y3 |
| Paczwa, Joanna M. | Y3 |
| Pandya, Aalok P. | Y4 |
| Parikh, Sonny M. | Y3 |
| Patel, Parisha P. | Y1 |
| Patel, Poonam S. | Y2 |
| Patterson, Leslie E. | Y4 |
| Pena, Rocio | Y3 |
| Peotter, Callie M. | Y4 |
| Porter, Erika K. | Y2 |
| Posthuma, Danielle J. | Y1 |
| Prinzen, Billi Jayne | Y4 |
| Ratermann, Stefanie M. | Y2 |
| Reyes, Catherine M. | Y3 |
| Reynolds, Kevin M. | Y4 |
| Rickels, Michael D. | Y3 |
| Rodolfo, Lauren A. | Y4 |
| Ross, Kyle D. | Y2 |
| Ryan, Kevin M. | Y2 |
| Sacksteder, Ryan T. | Y1 |
| Safratowich, Susan | Y4 |
| Salami, Nellie N. | Y1 |
| Sanchez, Teresa D. | Y4 |
| Schaefer, Marie A. | Y2 |
| Scheurer, Ashley M. | Y3 |
| Schuette, Erica L. | Y2 |
| Seagraves, Sandra K. | Y3 |
| Seaton, Lindsaey | Y3 |
| Seif, Noha | Y2 |
| Seiler, Allyson M. | Y4 |
| Setork, Sheila M. | Y2 |
| Shah, Shilpa V. | Y4 |
| Shelus, Elizabeth J. | Y2 |
| Shorter, Ellen | Y4 |
| Sicks, Lindsay A. | Y3 |
| Simenson, Anne M. | Y1 |
| Siragusa, Melisa | Y1 |
| Slusky, Joanna E. | Y3 |
| Sohal, Baljit S. | Y1 |



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|--------------------------|----|
| Solomon, Michelle A. | Y1 |
| Specht, Jennifer J. | Y2 |
| Spence-Roberts, Marisha | Y1 |
| Srednick, David A. | Y4 |
| Stanton, Seth B. | Y3 |
| Steska, Joseph E. | Y4 |
| Stola, Katherine A. | Y3 |
| Suen, Nancy H. | Y1 |
| Suleman, Alysha | Y2 |
| Sullivan, Megan | Y4 |
| Sun, Robert B. | Y1 |
| Sweeney, Amy S. | Y2 |
| Tan, Jingyi | Y3 |
| Tang, Patricia B. | Y1 |
| Thelen, Rachel L. | Y1 |
| Thobani, Azzrah | Y4 |
| Thoele, Jonathon P. | Y1 |
| Thoele, Ryan S. | Y2 |
| Thomas, Amy C. | Y2 |
| Thompson, Emily M. | Y3 |
| Thompson, Naghmeh R. | Y1 |
| Todd, Ann E. | Y3 |
| Toderian, Anna C. | Y1 |
| Trigg, Tyler J. | Y4 |
| Troy, Alexandra M. | Y1 |
| Tseng, Tommy | Y4 |
| Twardowski, Matthew J. | Y3 |
| Ung, Susan A. | Y3 |
| Upadhyay, Snehali A. | Y4 |
| Vanderah, Abby J. | Y4 |
| Vasilnek, Nicole M. | Y2 |
| Vendegna, Nicole L. | Y4 |
| Virji, Nysha | Y3 |
| Vogt, Sierra N. | Y2 |
| Vroom, Kayla L. | Y1 |
| Walz, Allison S. | Y4 |
| Wang, Weihan | Y1 |
| Ward, Christine A. | Y4 |
| Watercott, Nina M. | Y1 |
| Watson, Michelle M. | Y4 |
| Wellnitz, Mark W. | Y3 |
| Werner, William A., Jr. | Y2 |
| Whittenhall, Victoria R. | Y1 |
| Williams, Stacy A. | Y4 |

| | |
|-----------------------|----|
| Winkler, Sara M. | Y1 |
| Wittrock, Andrea J. | Y4 |
| Wolan, Margaret | Y2 |
| Woo, Eric A. | Y1 |
| Woolner, Timothy R. | Y4 |
| Yeh, Annie | Y2 |
| Yu, Michael S. | Y3 |
| Zemke, Alex C. | Y1 |
| Zoeckler, Brandon T. | Y1 |
| Zuniga, Marilyn E. | Y1 |
| d'Entremont, Naomi C. | Y4 |

CLASSIFIEDS

Biomed Assistant Wanted

Biomed Assistant need for minor equipment repair. Flexible hours. Contact Andy Fabrizius at ext. 7190

Two Work Studies

I am looking for two work study students to work on Monday afternoons from 1:00 pm to 4:00 pm this summer in Suite One. They will be performing Humphrey Visual Fields on our clinic patients. I am looking for someone with a history of working at an office or having done the HVF's before, but it is not a necessity. If you have any questions, please contact Dr. Keith Tyler at ext 7195 or email at ktyler@ico.edu



RESIDENCIES

For more detailed information regarding

residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

| Scholarship | Who's Eligible | Amount | Deadline |
|---|---|-------------------------------|--|
| Dr. Allan V. Wexler Memorial Scholarship Georgia Optometric Assoc. | <ul style="list-style-type: none"> • Georgia Residency • Good standing at school | \$1,000 | April 24, 2009 |
| Optometric Society of Greater Kansas City | <ul style="list-style-type: none"> • From Greater Kansas City Area • Second Third and Fourth Year Optometry Students • GPA | \$500 | April 25, 2009 |
| Lucille and Edward R. Roybal Foundation | <ul style="list-style-type: none"> • Hispanic, in graduate program – pharmacy, optometry, nursing or public health • GPA of at least 2.50 • Commitment to serve low-income Latino communities in the US • Financial need | \$5,000 for graduate students | May 1, 2009 to Foundation. Check website: roybalfoundation.org |
| NAMME Central Region Scholarship (National Association for Medical Minority Educators, Inc.) | <ul style="list-style-type: none"> • Nominated by NAMME member • Underrepresented minority • U.S. citizen • Full time in an accredited health professional school or program, and be in 2nd, 3rd or 4th year • GPA of 3.0 or higher | (2) \$1,000 | May 15, 2009 |
| Hilda L. Rand Scholarship Maine Optometric Association | <ul style="list-style-type: none"> • Must be from Maine | \$1,000 | May 15 th , 2009 to Mary M. Brooks |
| John Gyles Education Fund | <ul style="list-style-type: none"> • Full time student in college • GPA of 3.0 • Citizen of Canada or U.S. | Up to \$3,000.00 | Mailed by June 1 st , 2009 |
| Polish Women's Civic Club, Inc. | <ul style="list-style-type: none"> • U.S. Citizen • One parent of Polish heritage • Chicago area resident • 2nd year and beyond • Good grades | Varies | July 1, 2009 |

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

April Health & Wellness Tip

Ultraviolet (UV) rays are an invisible form of radiation. They can penetrate your skin and damage your skin cells. So what can you do to protect yourself?

- Stay out of the sun when it is strongest (between 10 a.m. and 4 p.m.)
- Use sunscreen with an SPF of 15 or higher
- Wear protective clothing
- Wear wraparound sunglasses that provide 100 percent UV ray protection
- Avoid sunlamps and tanning beds



Last Chance!

Well the end of the school year is finally upon us. Have you used your massage gift certificate? Final appointments are being booked for Tuesday, April 28th. To schedule a session or learn more, contact Shirmel Richards at srichards@ico.edu

Time for Bike the Drive

It's time for the annual Bank of America Bike the Drive. To make sure that you can fully enjoy the scenic 15-30 mile bike ride down a car-free Lake Shore Drive, start training now. Make sure to spend at least 20 minutes riding 3 times a week until the ride. Increase your ride time by



5-10 minutes each time. This will help to prepare you to fully enjoy this event. For more information, visit the Fitness page of the View.

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Focal Point

C A M P U S N E W S

From Dr. Colip

Congratulations to all students on the successful completion of another year at ICO!

To the ICO Class of 2009 (candidates for the O.D. degree): This will indeed be your last "Student" Newsletter. I have enjoyed working with you over the last few years and would like to wish each of you the best as you begin your new careers. Let me be the first to welcome you as professional colleagues to our wonderful profession and to the ICO Alumni Association. The next few weeks and months will undoubtedly hold much change and professional challenge as you try out your new privileges as licensed O.D.'s. The transition into practice can be intimidating for some, exhilarating for others. I'd like to encourage you to rely on each other, as well as those of us that will remain here at ICO, for advice and assistance as you continue your professional development and transition into your practices. Though distance may separate us, you will always be part of the ICO "family". One of the great joys for those of us that remain at ICO is the opportunity to continue to watch each of you grow and continue your professional development and learn of your successes. Your return visits are always welcome! As a member of the largest

optometric alumni association in the world you have earned access to and assistance from over 8,000 fellow alumni worldwide - take advantage of us! Your ICO education will serve you well and will undoubtedly make many of your life's rewards possible. Be proud of your accomplishment and best wishes to all of you!! I wish you each many successes in your new careers!

To the Third Year Class: Congratulations on the completion of your formal classroom education and the start of your fourth and final year at ICO. I look forward to working with you and your Class Representatives to plan a memorable commencement ceremony, just 12 short months away! Best wishes to all as you apply your new skills in the Externship Program. Please visit us in the Student,

Alumni and College Development Office during your campus-based rotations. Now is a good time to list yourself with the ICO Placement Program (many of you already have - congratulations!) and use the next few months to start evaluating practices and thinking about where you may want to set-up practice.

To the Second Year Class: Best wishes as you begin your formal

May flowers always line your path
and sunshine light your day.
May songbirds serenade you
every step along the way.
May a rainbow run beside you
in a sky that's always blue.
And may happiness fill your heart
each day your whole life through.
~Irish Blessing

clinical education in the Illinois Eye Institute. I encourage you to enjoy all that Chicago has to offer during the wonderful summer months. I highly recommend that you check out the many festivals and take in a concert in Grant Park sometime this summer - they're free!

To the First Year Class: I commend you on the completion of your first year and encourage you to reflect back upon this year to realize just how much you have learned. To those of you returning to your homes, have a wonderful and restful summer and I'll see you next fall. Once you have had a chance to catch your breath this summer, please consider returning a little early in the fall and to help out with First Year Orientation (Aug. 21 - 23) and help get the new Class off to a good start.

To all Students

From Dr. Colip

The summer months will once again be quite busy around ICO. ICO's annual Commencement Capstone Program for the Class of 2009 will run Wednesday, May 13th. Commencement is Saturday, May 16 at 11am at Rockefeller Chapel at University of Chicago.

The newly formed Illinois Eye Institute Foundation will sponsor their first ever "Eyeball" to benefit patient care in the Illinois Eye Institute. The event will be May 16 at the Ritz-Carlton Hotel.

The Admissions Office will conduct the annual summer Open House on Saturday, June 6th, if you will be around and would like to help out or participate, please stop-by the Admissions Office and see Teisha Johnson.

ICO will sponsor an alumni/student reception at the AOA Congress in Washington, D.C. (June 24-27). If you plan to attend the meeting, or will be in the area, we would appreciate your attendance. It is a great opportunity to network with ICO alumni and who knows, maybe you will meet your future

practice partner. Details on the meeting are available on the AOA website.

July 6-10 the ICO Admissions Office will host the second annual summer program geared specifically to encourage college-age students from underrepresented minority backgrounds to consider optometry as a potential career. Many opportunities will be available for current students to assist with this program, please see Teisha Johnson for more details or to recommend a potential participant.

Fall quarter classes are scheduled to begin on August 24th.

Have a great summer!!

Mark Colip, O.D.

VP for Student, Alumni and College Development

Work Study News

Effective June 2009, students will need to complete a new Work Study Authorization starting with summer employment. If you are currently working and plan to continue into the summer you will need to complete the new form because your current authorization to work expires May 31, 2009. When the timekeeping period ending May 31, 2009 is closed, Ceredian will remove the current favorite sets assigned to the student workers and as the new work study authorizations arrive in HR, a new list will be created and uploaded to Ceredian. Any questions may be directed to Deanna Polakowski ext 7043.

Thanks, Deanna



Dr. Schlangue Honored

Dr. Darrell Schlangue was recently honored at the 40 Years Anniversary celebration for Beacon Therapeutic Diagnostic and Treatment Center located in Chicago's Beverly community. He was one of the founders of Beacon 40 years ago and served as board president during 18 of those years. Dr. Schlangue continues to be a part of Beacon's mission for *"Empowering children and families by helping them find their way to a better future by providing accredited educational, mental health, and social service."* <http://www.beacon-therapeutic.org/>.

Research Patients Needed

Research patients needed for a study investigating reading eye movements. ICO volunteers will receive \$10 for participating. To qualify, you must have had a recent eye exam at IEI (within one year) and agree to complete all parts of the 35-45 minute procedure. If you are interested in participating or need more information, please contact Dr. Schlangue (dschlang@ico.edu) or Dr. Maino (dmaino@ico.edu). Thank you!

Summer Quarter Mailing Guidelines

First Year Students – Your First Class mail will be sent to your summer mailing address. Bulk mail and magazines are not forwarded to you during the summer months. Magazines will be put in your mailboxes when you return for the Fall Quarter.

Please make sure that the Registrar's Office has your correct summer mailing address. The Registrar supplies the mailroom with your address labels. If you are staying in Chicago for the summer, please use your ICO mailbox number as your summer address.

Externship Students – The mailroom will send your mail to your externship address once each week. You will receive your mail, magazines, ICO related materials, and other pertinent information addressed to you. You

will not receive any catalogs. These will be discarded.

It is very important that Community Based Education Office be informed of your mailing address for each quarter you are away on externship. The Community Based Education Office provides the mailroom with your address.

Bottom line: If we do not have an address for you, we cannot send you your mail!

When you reach your externship destination, please make sure that your name is on the mailbox. Every quarter, the mailroom receives returned mail from externship addresses because the name on the mailbox does not match the name on the mail.

Graduating Students – Mail will be forwarded after graduation to the address you have supplied to the Registrar. Unfortunately, magazines are unable to be forwarded. Please change your address with the company that supplies your magazine. The mailroom will forward your mail only for the summer following graduation.

The Registrar provides the mailroom with the addresses for graduates; therefore please make sure that the address you provide is correct. If you will be here after graduation, please notify Daisy or Diane in the mailroom. Arrangements can be made for you to continue using your mailbox through the summer.

Please Return Your Mailbox Key Before You Graduate! Keys may be turned in at the Mailroom or when you pick up your cap & gown



If you have any questions please stop by the mailroom and speak with Daisy or Diane. Thank you for your cooperation and understanding of these matters.

*Helena (Daisy) Varkalis, Ext. #7085
Supervisor, Mailroom & Printroom*

Commencement

Commencement will be held at Rockefeller Chapel on the campus of the University of Chicago at 11 a.m. on Saturday, May 16th. Rockefeller Chapel is located at 5850 South Woodlawn Avenue. A reception honoring the Class of 2009 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Commencement Capstone Program

Congratulations to the Class of 2009!

Wednesday, May 13, 2009 will be a day of activity for the graduating class. Here is the schedule:

12:30 p.m. Graduates board Trolleys to

Rockefeller Chapel

1:00 p.m. Commencement

Rehearsal at Rockefeller Chapel

2:30 p.m. Capstone sponsors expected to arrive on campus and set up information tables

3:30 p.m. Graduates arrive on campus, graduates mingle and visit with sponsors at information tables

3:50 p.m. Begin serving at all stations

4:15 p.m. Presentation of school gift by 4th year reps: Joseph Ledford & Billi Jayne Prinzen, 4th Year Awards Presentation, Capstone Dinner & Dessert – Gymnasium, opportunity for graduates to visit sponsor information tables

5:00 p.m. Graduates mingle and visit with sponsors at information tables

5:15 p.m. Cap & Gown Pickup - Lecture Center all rooms, Yearbook Distribution – Lecture Center; Sponsor Gift distribution - outside Lecture Center.

Spotlight on the Library

By Gerald Dujcik

Director, Learning Resources

Library Hours for May

Fri 05/08 7 am to 12 am

| | | |
|-----|-------|---|
| Sat | 05/09 | 8 am to 12 am |
| Sun | 05/10 | 10 am to 12 am |
| Mon | 05/11 | 7 am to 12 am |
| Tue | 05/12 | 7 am to 12 am |
| Wed | 05/13 | 8 am to 12 am |
| Thu | 05/14 | 8 am to 12 am |
| Fri | 05/15 | 7 am to 5 pm |
| Sat | 05/16 | Closed |
| Sun | 05/17 | Closed |
| Mon | 05/18 | 8 am to 5 pm |
| Tue | 05/19 | 8 am to 5 pm |
| Wed | 05/20 | 8 am to 5 pm |
| Thu | 05/21 | 8 am to 5 pm |
| Fri | 05/22 | 8 am to 5 pm |
| Sat | 05/23 | Closed |
| Sun | 05/24 | Closed |
| Mon | 05/25 | Closed |
| Tue | 05/26 | Summer quarter hours begin 8 am to 9 pm |



First and Fourth Year Students

All Library books checked out by first and graduating fourth year students will be due on May 13. All fourth year students must return their library materials in order to graduate. After commencement, graduates will have their library status changed to "alumni" and will again have full library privileges to check out items, except for equipment.

First year students may check out and keep library materials over the summer upon request. Please ask a fulltime library staff member if you need to check out or renew items for later than May 13.

Poster in Library Lobby

The next poster to be displayed in the library lobby is by Dr. Janice Winters, Ms. Laura MacDonald, and Ms. Andrea Wittrock and is titled, "Primary Care Physician Report and Blood Pressure in a Low Income Uninsured Population".

Good luck with Finals, best wishes to the graduates and enjoy your summer!

Student Organizations

Please submit your newly elected officers with their box numbers, phone numbers and email addresses to Kathy Brownfield at kbrownfi@ico.edu in the Student Affairs Office.

Mainos Memos

Patients Who Do Not Complain

Did you know that most individuals who have mental illness and an intellectual disability (mental retardation), do not complain of any oculo-visual-systemic problems when you take a case history and conduct a complete review of systems? Dr. Robert Donati and I (along with recent graduates Drs. Heidi Bartell and Mindi Kieffer) published an article in the May issue of *Optometry* that shows just that. (RJ Donati RJ, Maino DM, Bartell H, Kieffer M. Polypharmacy and the Lack of Oculo-Visual Complaints from those with Mental Illness and Dual Diagnosis. *Optometry* 2009;80:249-254.) When you work with your patients remember that many do not always tell you of the problems they may be having and that a case history does not end ever. Be ready to add pertinent information at any time. If you suspect that a patient may not feel comfortable telling you their problems, sometimes if you say something like, "You know, many of my patients with these kind of eye problems often notice or complain of..." will open the door for better communication. If you'd like a copy of this article, please send me an email (dmaino@ico.edu).

Patients Who Do Complain

Most of us, "head for the hills", when we hear a patient complaining about something. It could be that little "red mark" on the nose or behind the ear because of ill fitting glasses or the fact that they "just don't see right" in that pair of glasses you just prescribed. I like patients who complain (at least from time to time) because it gives me yet another chance to solve a problem and to help someone.

What to do when a patient complains.

1. Have the patient explain in their own words just what the problem is.
2. Paraphrase "what you heard" as to what the problem is.
3. Make sure your understanding of the problem and your patient's understanding of the problem is the same.
4. Offer one or more solutions to the problem. ("Well, Mrs. Jones, the best way to get rid of that annoying red mark on your nose is to adjust the frame and to put on larger nose pads." Or, "Mr. Smith, what I would suggest is a brand new pair of glasses that can meet your needs." Or , "Mr. R, If you take your medicine with food, your stomach will tolerate it better.")
5. What happens if none of these solutions are acceptable to your patients? Ask them what they would like to have done. If it is reasonable, do it.
6. Now here's the sweet spot: you not only want to make it right, you want to make it better. Solve their problem and add a bit more. Oftentimes in my office, I give them a little bottle of eyeglass cleaner and a cleaning cloth. It's not an expensive item, but very much appreciated by the patient. [The last time my mechanic messed up, he not only fixed the problem, he did my next oil change at no charge. I will have this fellow attend to my car needs for a very long time. The last time I went to a restaurant and they messed up, they didn't even apologize for the problem and did nothing above and beyond. Not only did I not leave a tip for the waitress, but I will not go back there anytime soon.]



The Importance of Finding Out the Real Problem

When you are trying to meet the needs of your patients, it is very important to find out the REAL problem (see #1,2 & 3 above). I saw a patient in primary care several weeks ago who has been unhappy with her care at the IEI for years. In fact, it was clearly documented in her file that she had been unhappy with what

we had done for at least 3 years! When I walked into the room, the first thing I did was to introduce myself. The second thing I did was to tell her, "Ms. S, I've noticed from reviewing your file that you have not been happy with what we've done in the past, so my main purpose in our interaction today is to make you happy with what we do and how we do it. Now, please tell me how I can do that." After reviewing the case history with her, I found out that she was abused as a child, suffered one or more traumatic brain injuries, and had brain surgery because of a tumor. She did not share these things with us previously.

We didn't ask the right questions. We didn't actively try to solve her problems. We probably "ran" from this patient because she was a "complainer". The patients who complain are there for us to learn from and to help. Don't run away, run towards them. Solve a problem today! (Why a patient keeps coming back when they don't like what we do is a whole new story for another time.)

What to do with that patient that is NEVER happy and always complains.

I will tell them, "Mrs. Smith, after several attempts at trying to arrive at a solution, I am sorry that it appears as if we cannot meet your needs. Let me refund your costs and refer you to one of my colleagues who will be able to do all you expect." Do this with a smile on your face. Never get angry. Remember, you cannot "dump" a patient, but you can refer them to a colleague. You must always write a letter to that colleague and send a copy of that letter to the patient as well.

When this patient comes back to your office for their next comprehensive examination (they usually come back to you and do not go to your colleague as you recommended), you always remind them that you haven't been able to please them in the past and that they might want to see another

doctor. They will tell you that they want you to take care of them and when they complain tell them (again with a smile on your face), "Remember, Mrs. Smith, you can always go to Dr. GoodGuy if you'd like."

I Didn't Know That!

Want to find out information about Down Syndrome or Autism? How about Macular Degeneration? Medline Plus offers a great deal of information on these and numerous other topics. Go to <http://medlineplus.gov/> to learn more.

Replaced by a Computer

Will you be replaced by a computer? In an article (Syndrome Diagnosis: Human Intuition or Machine Intelligence?) it was found that the artificial intelligence methods used, proved simple, robust and powerful, and represent objective diagnostic methods that were quite accurate. Want to learn more? Go to <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=2669648>

The Cause of Autism

US News & World Report ran a story entitled, "Could Autism Be Caused by Lack of Vitamin D?" and noted that there were a large number of autism cases among children of Somali immigrants living in Sweden and Minnesota. These mothers and young children were exposed to less sunshine in their new homes than they were back in Somalia. Lighter-skinned people make more vitamin D than dark-skinned people do when exposed to sunshine, so it's easy to imagine that the

Somalis are getting relatively little vitamin D. And because most of the Somali immigrants are Muslim, they cover themselves when going outside, reducing their sun exposure even more. Go to http://health.usnews.com/blogs/on-parenting/2009/04/24/could-autism-be-caused-by-lack-of-vitamin-d.html?s_cid=et-0427 to read more about this topic.



Genetics and Autism

The whole December 2008 issue of American Journal of Medical Genetics Part B was devoted to autism. If you are interested in this topic, this single topic volume is now available in our library (at least it will be when I'm done with it!) You can also go to <http://www3.interscience.wiley.com/journal/121520270/issue> to view all abstracts.

Attention All 4th Year Students

Congratulations and good luck. Email me anytime if you think I can help in any way whatsoever as you continue your optometric journey.

Attention All NEW (AKA current 3rd year) 4th Year Students

You are about to embark on a wonderful adventure. Much of your clinical training during this time will occur outside of ICO's 4 walls. To make your transition easier, I would suggest a few things:

1. Take the time to find out more information about the externship site you are going to than what ICO gives you. Find out about the history of the institution, facility and/or private practice. Obtain the names of the doctors you will be working with and "Google" them to find out more information about those who will be your teachers. Email these doctors and introduce yourself.
2. Once you find out who you will be working with, go to PubMed and do a search to see what they may have published.
3. Read their works. Know them well. Write questions/comments in the margins of the papers.
4. When you interact with your new teachers, ask them questions about their research. Show an interest in what interests them. (You will learn a great deal from that individual, who, by the way, will believe that you are the best student ever sent to them from ICO.)
5. Google the new community that you will be living in and take advantage of all it offers. Learning

about the places you are sent can be just as important as learning new optometric skills.

6. Have fun.

For additional information on the topics noted above and more, please go to MainosMemos online at <http://mainosmemos.blogspot.com>. Good luck to all as we enter summer quarter 2009!

Tech Tips

Ahmed Mohammad

Interactive: Excel 2003 to Excel 2007 command reference guide
<http://office.microsoft.com/en-us/excel/HA101491511033.aspx>

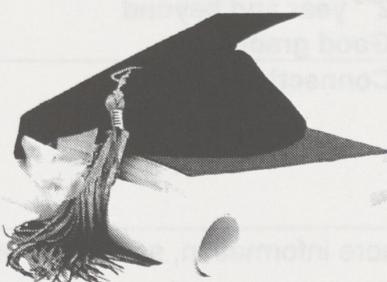
Interactive: Word 2003 to Word 2007 command reference guide
<http://office.microsoft.com/en-us/word/HA100744321033.aspx>

Interactive: Power Point 2003 to Power Point 2007 command reference guide
<http://office.microsoft.com/en-us/help/HA101490761033.aspx>

IS contact procedures.

Phone calls or voice mail to x 7500 or email to support@ico.edu are the expected methods to contact the support team with a problem.

1. **Phone Request:** Contact x 7500 for a medium or high priority request. To properly prioritize your problem or request, please be as descriptive as possible by describing the problem, workstation location and person to contact along with their extension. Press 1 for normal priority messages or press 3 for major system emergencies. If option 3 is selected, calls will be forwarded to the available members of the IS department.



2. **System Support Email:** Non-emergency priority problems, or requests such as installing new software, hardware, etc., can be sent via email to support@ico.edu. The email should be as descriptive as possible, including the problem, workstation location and person to contact along with their extension.

How to Change an email to an appointment or a task in GroupWise

- 1) Double click on an email
- 2) Click on edit
- 3) Click on "Change to" and select Appointment or Task

CLASSIFIEDS

Workstudy Hours

The library still needs one person to work Saturdays during the summer quarter. See Darlene Ward, ext 7151, in the Library.

RESIDENCES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

| Scholarship | Who's Eligible | Amount | Deadline |
|---|---|------------------|---|
| NAMME Central Region Scholarship (National Association for Medical Minority Educators, Inc.) | <ul style="list-style-type: none">• Nominated by NAMME member• Underrepresented minority• U.S. citizen• Full time in an accredited health professional school or program, and be in 2nd, 3rd or 4th year• GPA of 3.0 or higher | (2) \$1,000 | May 15, 2009 |
| Hilda L. Rand Scholarship Maine Optometric Association | <ul style="list-style-type: none">• Must be from Maine | \$1,000 | May 15 th , 2009 to Mary M. Brooks |
| John Gyles Education Fund | <ul style="list-style-type: none">• Full time student in college• GPA of 3.0• Citizen of Canada or U.S. | Up to \$3,000.00 | Mailed by June 1 st , 2009 |
| Polish Women's Civic Club, Inc. | <ul style="list-style-type: none">• U.S. Citizen• One parent of Polish heritage• Chicago area resident• 2nd year and beyond• Good grades | Varies | July 1, 2009 |
| The Connecticut Association of Optometrist Scholarships | <ul style="list-style-type: none">• Connecticut resident | | July 31 st , 2009 |

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

May Health & Wellness: Slash Stress

With the state of the economy, final exams, and the "swine flu", it's no wonder so many of us are stressed out. Here are a few techniques to try and reduce the stress in your life.

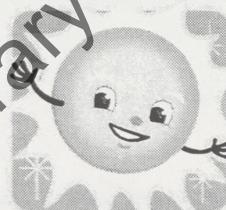


1. Start your day with meditation. Simply focusing on your breathing can calm you down and decrease your heart rate.
2. Suppress stress with positive thinking
3. Get stress out of your head and on paper
4. Unblock tension with exercise – try bootcamp, yoga or a pilates class.

5. Take a Break – Even 5 minutes of fresh air can make a difference.
6. Treat yourself to a massage
7. Laugh
8. Talk it out with a friend or counselor
9. Avoid unhealthy stress relievers. Turning to alcohol, drugs or tobacco will make things worse.
10. Don't procrastinate. If you know that you have a big paper due at the end of the week, start now.

Obviously, so many of these things are easier said than done. These techniques take a bit of trial and error and plain old practice.

From all of us in the Fitness department,
"Enjoy Summer Break"!



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Student Work Study Authorization

This Work-Study Authorization Form is valid for hours assigned beginning

JUNE 1, 2009 and ending **MAY 31, 2010**

THIS FORM IS FOR STUDENTS HIRED TO START WORK AFTER JUNE 1, 2009

Student Section (To be completed by student)

All information must be filled in or the form will be returned.

Last Name

First Name

U.S. Social Security #

FORM WILL BE RETURNED
IF NOT FILLED IN

Professional Year (circle): 1st 2nd 3rd 4th

Mail Box #

ICO ID #

If employed, I understand that I may not work during scheduled class/lab/clinic hours and I will comply with all guidelines outlined in the On-Campus Student Employment Handbook.

Student Signature

Date

Supervisor Section (To be completed by Supervisor/Instructor)

Work-Study Position

Department

Hours worked in all positions combined ordinarily may not exceed 15 hours/week while school is in session.

Signature of Supervisor/Instructor

Date

Please Print Supervisor's Name

Signature of Department Head

Date

MUST BE SIGNED BY DEPARTMENT HEAD OR WILL BE RETURNED

Human Resources Department Section

(to be completed by HR Coordinator- do not write in this box)

\$ _____ Federal Work Study

_____ Institutional Work Study

Hourly Rate

1ST & 2ND Year

3RD & 4TH Year

General

\$8.00

\$9.00

Optometry

\$11.00

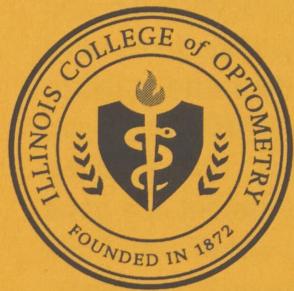
\$12.00

Note-taking

Clock Number

Job Code

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Focal Point

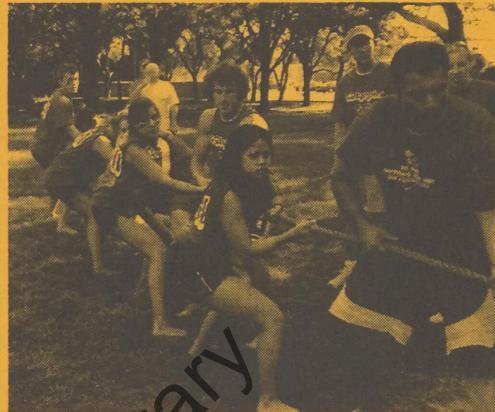
C A M P U S N E W S

ICOlympics

Saturday August 29th!!!

Attention all students, faculty and, staff. The time has come to show off your competitive spirit. The ICOlympics are just around the corner - Saturday, August 29th at the Illinois Institute of Technology's Morton Park starting at 10 am. The park is located west of Gunsaulus Hall, which is just south of 31st Street on Michigan Avenue.

There will be a variety of competitions, free food, drinks, prizes, t-shirts, medal ceremony and lots more. Join the festivities and get ready for a good time. Any questions please contact Shirmel Richards at srichards@ico.edu.



Welcome to All New and Returning Students

The Student Affairs Office extends a warm welcome to returning and new students of ICO. The Focal Point, the student newsletter, is published & posted on the College's internet (the view) bi-weekly by the Student Affairs Office for the entire ICO community. The Focal Point informs students, faculty and staff of items and events concerning the student body. Later this year we'll be making improvements to this communication vehicle - stay tuned for more on this later.

If you have an announcement or other items you wish to include in the newsletter, or if you have scheduled an event, either on or off campus, please contact Kathy Olson (formerly Brownfield) in the Student Affairs Office. Kathy also maintains an all campus calendar for reserving rooms and for scheduling events.

Meet your Student Affairs Department

Dr. Mark Colip, Vice President for Student, Alumni and College Development, is responsible for developing and maintaining admissions, student recruitment, residential complex, student affairs, student counseling and enrichment, student financial services, student health service, scholarships and awards, commencement and fitness center, alumni affairs, grants, and college development.

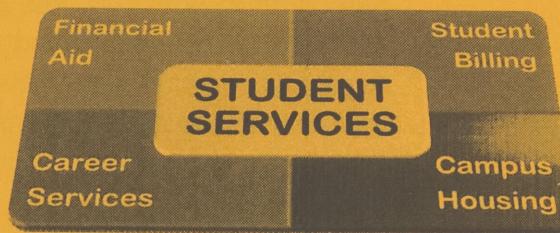
The Student Affairs Office serves as a liaison between students, faculty and administration and acts as an information source for the student body. If students have questions about where to go for particular services, stop by the Student Affairs Office and we will answer your questions. If we don't know the answer we will find out for you and/or direct you to the department who can answer your questions. Sharon Uher, Assistant to the Vice President for Student, Alumni and College Development is a good resource person for any of your questions. Information regarding the Focal Point (student newsletter), scholarships, student leaders, reserving rooms, the master calendar, lockers and replacement ID cards can be found in our office. Students may also schedule appointments with Sharon or Kathy in the Student Affairs Department.

Student Services

Earlier this year, the offices of Student Financial Services, Career Development, and Campus Housing were combined to create a new office, "Student Services."

Though these offices are different in their functions, this unique integration provides for new opportunities for student interactions in the areas of career and financial planning.

The staff is dedicated to meeting the needs of the ICO family, and delivering exceptional service with integrity and respect for the individual. Student Services Office reports to Dr. Mark Colip, Vice President for Student, Alumni, and College Development.



If you have questions, please see:

Bryant Anderson, Senior Director of Student Services

Milissa Bartold, Director Financial Aid

Tracy Faulkner, Career Development Counselor

Keri Nebelsick, Head RA

Professional Career Development Services

Tracy Faulkner

Welcome and Welcome back from ICO's Professional Career Development Office. My name is Tracy Faulkner and I am the office's counselor. My office is located upstairs inside Financial Services.

I look forward to meeting with you. My role is tied to several of ICO's traditions: **The Annual Practice Opportunities Symposium**, and the graduates week: **Commencement Capstone Awards Ceremony** and **On site Recruitment** held every year, the week prior to graduation.

I am also advisor to the Private Practice Club and the NOSA student organizations. Please join one or both organizations. We need students who have a good work ethic, who are creative and who have new ideas! Most of all, I hope you are able to balance school and devote the time needed to make the organizations more successful.

By day, it is my job to assist you in developing your career strategies, specialization interests, interviewing preparations, Curriculum Vitae development, providing you with part-time career options, and to help you prepare for a rewarding career in the optometric profession.

My office utilizes resourceful tools devoted to your success. The Online Placement Program links hiring authorities, mostly O.D.'s and/or ophthalmologists with seekers of opportunities: those "soon to graduate" and our esteemed pool of alumni which is over 8000.

These are just a few of the provisions of my office. I have an open door policy. As long as I am not on the phone or with a student, come on in and if there's anything I can do to help you, I will.

College Wellness Services

The College Wellness Services, as a component of the Office of Student Affairs, addresses student health issues in both preventative and curative means. The Wellness Service providers include Beth Karmis and Shirmel Richards. While each provider has her own area of operation, a team approach is taken to provide the student community holistic wellness services and programming.

Beth Karmis, M.A., as the Senior Director of Student Development, provides both psychological and academic counseling as well as having responsibility for the Admissions Office and student activities. The psychological and academic counseling services are usually short-term or intermittent to address acute situations or challenges to a student's ability to be successful here at ICO. Referrals to outside services are provided when appropriate/necessary. Fees for outside services are the student's responsibility. Academic enrichment programming, including tutoring services, study skills workshops, and one-on-one sessions are available throughout the year.

Shirmel Richards, as the Fitness Coordinator, in addition to overseeing the day-to-day operation of the fitness center, provides a plethora of fitness related services. Personalized services include a variety of fitness assessment protocols, fitness counseling, equipment orientation, and workout program design. Community services include a quarterly fitness class program, regular fitness and exercise incentive programs, health-oriented bulletin boards, healthy snack breaks or massage therapy during final exams, biweekly seated massage, and health fairs.

Tutoring

Tutoring information will be available and regularly updated. Tutor authorization forms and tutor lists are available on the <http://theview.ico.edu>

Admissions

Teisha Johnson MS, Director of Admissions welcomes new and returning students. Part of the responsibilities for the Office of Admissions includes visiting undergraduate institutions during the course of the school year representing ICO at numerous Graduate Professional School Fairs across the nation and Canada. We also conduct presentations to Pre-Optometry Clubs. At times and schedule permitting, students represent ICO at these schools, usually their undergraduate institution. We welcome current students from all years to participate. See myself if you are interested in visiting your undergraduate alma mater!

Meditation Room

The Meditation Room, Brady Hall 1003, is now open. You are invited to enjoy this serene location for meditation and contemplative practice. There is no formal scheduling procedure for this space although individuals may request privacy for reasonable duration by posting a note on the door. We ask that you respect each other in your use of this room.

Guidelines for Use

Before entering

- Check the door sign – is the room in use?
- Turn off ALL sound devices (including cell phones, iPods, etc.)
- Respect the SILENCE - Please refrain from talking, listening to music (including headphones), etc.
- Please remove shoes and place all personal items in the closet area adjacent to the door.
- Please do not bring food or drink into the room.
- Please do not remove anything from this room.
- Please do not use this room as a study hall (i.e., no reading, typing, text-messaging, writing, or other study activities).
- Absolutely no flammables are permitted: no candles, no incense, no open flames of any kind.

Comments or questions about the Meditation Room may be addressed to Beth Karmis – bkarmis@ico.edu.

Food Service

Food Service (located on the lower level of Brady Hall) is contracted by Chartwells. Breakfast, lunch and dinner are served Monday through Friday as well as brunch on Saturday and Sunday. Hours of operation are as follows:

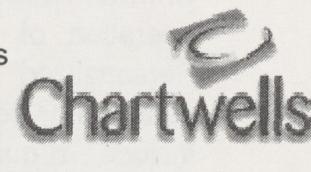
Breakfast - 7:30 am - 9:30 am

Lunch - 11:30 am - 2:00 pm

Dinner - 5:00 pm - 7:30 pm

Brunch: Sat. & Sun. -- 10:30 am - 2:00 pm

Everyone is welcome to dine in the Brady Hall Cafeteria. Other than meal plan participants, purchases will be on a OneCard or cash basis.



Attendance

Students that anticipate a conflict with their schedule due to religious observances need to register (i.e. date and name of holiday) with the Academic Administration Office to receive an excused absence. You must do this within the first two weeks of each quarter.

Even if you registered it in the past, it is still necessary that you register at the beginning of each quarter.

Student Association News

We hope everyone had a relaxing break and that you enjoy the summer weather as classes begin. First years, welcome to ICO and good luck with your first quarter here. SA is looking forward to the new quarter and has some exciting events coming up...

Club Blindspot:

Join the club and learn more about the various student organizations at ICO at the annual Club Blindspot Wednesday, August 26 from 6:00-8:00 PM in the Gym. Stop by the different club booths and fill up your bingo card with stickers to redeem pizza, adult and soft beverages and enter to win some fabulous prizes! Free admission.

ICOlympics:

Which class is the most agile and athletic? The entire ICO community is invited to the inter-class competition on Saturday, August 29th from 11:00-4:00 PM at Morton Park at IIT (31st and State). There will be free food and beverages and should be an exciting day. We hope to see everyone there!

Best of Luck,
The Student Association

AOSA News

Washington DC Wrap Up

AOSA would like to thank all of the students who went to Washington DC this summer to attend Optometry's Meeting. ICO had a great turnout once again with about 100 students in attendance. Highlights included comedians Jeff Foxworthy and Karyn Ruth White along with great CE and NBEO review courses. Thanks again and we hope to see everyone next year in Orlando!

1st Year AOSA Representatives Needed

Greetings Class of 2013,

As you begin your journey in optometry I would like you to consider running for American Optometric Student Association 1st year representative. What a title! AOSA is the student arm of the American Optometric Association and something you are all already members of. AOSA provides numerous benefits to its members including clipboards, t-shirts, and health insurance. For a full listing, check out the AOSA board near the mailroom. I, Roman Gerber along with Bart Higley are the respective AOSA Trustee and AOSA Trustee-elect of ICO. As one of two 1st year reps, you would help us distribute benefits and information about AOSA to your class. Elections will be held during the first few weeks of class. Please contact Bart or I with any other questions.

Roman Gerber, AOSA Trustee
rgerber@eyedoc.ico.edu

Toric Workshop

The Contact Lens Society will be having The Industry Toric Workshop sponsored by Teague Training Group on Sunday, September 20, 2009 from 10am to 1pm. We are currently looking for patients who wear toric soft contact lenses who are interested in sitting as patients for our students. Patients and students will have experience with a variety of toric products from multiple companies. Patients will receive \$50 for their time at the end of the workshop. If interested, please contact Dr. Jennifer Harthan at JHarthan@ico.edu.

Fellowship of Christian Optometrists

Our first meeting of the fall quarter will be Wednesday, September 2nd at 6:30pm in the 3rd Floor Conference Room. ALL are welcome to join us for Bible study, snacks, games and discussion. We hope you can join us for an exciting upcoming year! The remainder of the quarter we will meet on Thursday evenings at 6:30pm in the 3rd Floor Conference Room. Check our bulletin board in the President's Lounge for more updates. If you want to be added to our mailing list or you have any questions about FCO, email me at FCOatICO@gmail.com or eknighton@eyedoc.ico.edu

Beth Knighton, FCO President

Special Olympics

Volunteers needed for Special Olympics Vision Screening at the United Center. The Special Olympics Lions Club International Opening Eyes Vision Program was created in response to the fact that people with developmental disabilities need quality vision care, but often have no access or are denied treatment. Participants will receive a comprehensive vision and eye health screening.

I am looking for ODs, students, and staff to help at Medfest 2009. We are providing vision screenings at the United Center on September 24th, 8:00am-2:00pm. Any help would be greatly appreciated. If interested let me know by Sept 17th. I can be contacted by emailing me at msigler@ico.edu.

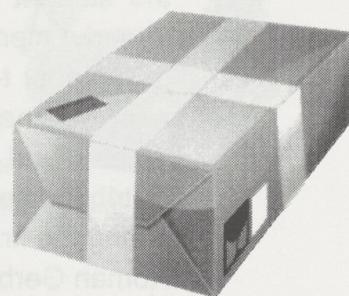
Thanks,

Melissa Sigler, OD

Student Mail

From the mailroom:

By this time the new first year students should have found us, not that we were hiding. The mail room is here for your convenience. The mailroom hours are 8:30 a.m. – 4:30 p.m., Monday thru Friday.



The mailroom sorts all incoming mail by hand and this can be a very timely process. Please, when giving your address to someone include your box number and/or your year. Here is an example of how your mail should be addressed:

Mr. Jack Frost
Illinois College of Optometry
3241 S. Michigan Ave.
1st Year # 896
Chicago, IL 60616

By doing this, the mail will be sorted faster and distributed earlier.

Your mail is delivered to your box each day and your packages are kept secure until you pick them up. We will help you to ship your packages and put proper postage on your letters. We use the United States Post Office, United Parcel Service and Federal Express for shipping purposes.

The mailroom can only accept cash and checks as payment for mail or packages. We can not accept credit or debit cards.

Here are a few guidelines to follow when shipping a package.

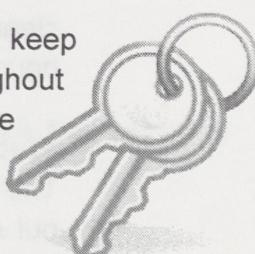
1. Make sure that your package is securely wrapped. We can provide you with the materials, paper, tape, bubble wrap, etc., you will need to wrap your package securely.
2. We are NOT a U.S. Postal facility. It is not possible for the mailroom to insure a package that is sent via U.S. Mail. Any package sent U.S. Mail will not be insured or trackable. If you need these services please use an authorized Postal facility.
3. United Parcel Service (UPS) is trackable and automatically insured (\$100). You can add insurance to any package that is worth over \$100., for an additional charge. We can provide next day, second day, three day select and regular ground service. Payment is expected at the time of shipping.
4. Federal Express services are also available from the mailroom, next day and second day. We can not accept Federal Express Ground. Federal Express costs are charged directly to your student account.
5. United Parcel picks up between 2:00 & 2:30 every weekday. Packages must be in the mailroom no later than 1:45 for shipment that day.
6. U.S. Mail is picked up at 3:30, every weekday. Please have all mail and packages to the mailroom no later than 3:15.
7. Federal Express is picked up between 3:30 and 4:00 every weekday. All packages should be brought to the mailroom no later than 3:15.

If you have any questions or concerns please stop by the mailroom or call X7085 or 7087. We are here to help.

The Mailroom is a secure area. Access is allowed only to authorized staff and work-study students.

At the time of Orientation all students will receive a mailbox key. Please keep this key with you when you are at school. You will need the key throughout the day to access your mailbox. If you lose your mailbox key please see the cashier to pay a \$5.00 charge for a new key. Take your receipt to the Security Office, they will order your new key.

Daisy Varkalis ext.. 7085 and Diane Altman ext. 7087



Rules and Regulations to be Aware of: New Student Guide

You can view a copy of the 2009 Student Guide on <http://theview> starting the first week of classes. Hard copies are available in the Student Affairs Office and mailroom. It is your responsibility to be familiar with procedures and policies contained in the Student Guide.

Use of Alcohol at ICO

Student organizations may not use alcoholic beverages in the educational, clinical, recreational or other facilities at ICO, unless the Vice President for Student, Alumni and College Development (Dr. Mark Colip) gives permission. Such permission (i.e. BlindSpots) may periodically be granted to student organizations that have completed a Facilities/Fund Raising Request Form.

Facilities/Fund Raising Request Forms should be completed and approved at least fourteen (14) days before any meeting at which alcohol is desired. If alcohol is served at an event, gross/net receipts must be reported to the Student Affairs Office for compliance with City of Chicago ordinances.

Smoking at ICO

Please note that ICO is a smoke free campus. Smoking is prohibited in all campus facilities, including the Residential Complex, stairwells and entryways.

Parking

The parking spaces in the main entrance are for College visitors. Students are reminded that parking their cars in the "circle" (Indiana entrance) for any reason subjects their car to towing. Student and staff are not allowed to park in the [REDACTED] parking lot.



Please drive carefully while in the parking garage! Mirrors have been installed for your safety; however, it is important that we drive slowly. Also, be sure to park your vehicle between the painted lines.

Street Parking

Please be reminded that on Wednesday, parking is prohibited on the West Side of Indiana Avenue and Michigan Avenue. On Thursday, the East Side of the street is closed until 9:00 a.m. due to street cleaning. You will be ticketed if you are parked during cleaning hours. Always read the street signs in Chicago!



Student I.D. Cards to be Worn at all Times

The I.D. card is used to identify students on ICO and IIT campuses and is used to check out equipment or books at ICO. Photo Identification Cards are issued to all students. Your I.D. number remains the same throughout your professional schooling at ICO. Photo identification cards are issued to all students and must be prominently displayed at all times while on college property. The front desk staff will check to make sure all students and staff are wearing their I.D. badges when they enter the building. If a student is not wearing a badge and does not stop at the front desk, Security will be notified.

Patients and those with them will be issued dated visitor tags. Each student should make it his/her responsibility to assist anyone seen in the halls without a badge. Either have them identify themselves, remind them to put on their badge if recognized, or notify Security immediately. For students, staff and faculty, a temporary badge will be issued from Security if the badge is forgotten.

If you lose your I.D. card, please notify the Security Office immediately. A temporary I.D. will be issued. The I.D. card replacement fee is \$25. An application to purchase a spouse I.D. card may be obtained from the Student Affairs Office. The fee is \$5.00 to be paid at the ICO Cashier. The application and receipt needs to be submitted to the OneCard Office, Room 1013, in Brady Hall.

Lockers – Important Information

In order to open up more lockers for students and correct our locker sign-up list, we are requesting that all students who are on campus please check their locker number and be sure they are registered with the Student Affairs Office.

If you are a **student on campus** and have a lock on a locker and have not registered your locker with the Student Affairs Office please stop by and sign up by **Thursday, August 27th**. After this date, the locker will become available for commuting first year students.

If you are a **student off-campus on externship** and have a lock on your locker but did not register the locker in the Student Affairs Office as previously requested, please contact Kathy Brownfield Olson. Kathy can be reached at 312-949-7401 or kbrownfi@ico.edu. Please contact her by **Thursday, August 27th** with your locker number or the locker will be made available to another student.

Master Calendar



The Student Affairs Office maintains a campus wide master calendar. To prevent scheduling conflicts and to keep the campus community informed of activities, it is necessary that all campus activities (whether they are held on or off campus) are listed on the master calendar. Please contact x7401 fourteen (14) days in **advance** of any activity planned for the College community.

Computer Support Procedures

Ahmed Mohammad

IS contact procedures.

Phone calls or voice mail to x 7500 or email to support@ico.edu are the expected methods for contact the support team with a problem.

1. Phone Request:

Contact x 7500 for a medium or high priority request. To properly prioritize your problem or request, please be as descriptive as possible by describing the problem, workstation location and person to contact along with their extension. Press 1 for normal priority messages or press 2 for major system emergencies. If option 2 is selected, calls will be forwarded to the person on-call will be paged.

2. System Support Email:

Non-emergency priority problems, or requests such as installing new software, hardware, etc., can be sent via email to support@ico.edu. The email should be as descriptive as possible, including the problem, workstation location and person to contact along with their extension.

Here are the most commonly used public groups in Novell GroupWise address book.

Group name Group Members

| | |
|-------------|-----------------------------------|
| Everyone | ICO faculties and staff only |
| Allstudents | All ICO students |
| 10students | All students graduating year 2010 |
| 11students | All students graduating year 2011 |
| 12students | All students graduating year 2012 |
| Faculty | ICO faculty |
| Facilities | ICO facility |
| Support | IS Helpdesk System Support |

Focus on Your Future

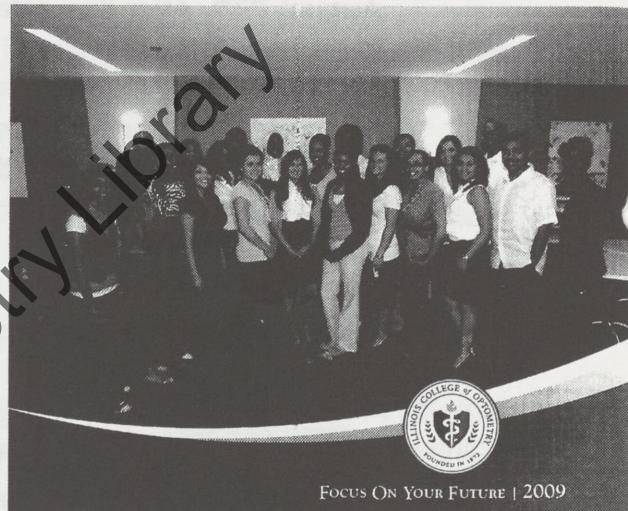
Teisha Johnson

The Focus on Your Future Summer Program was a huge success! We had twenty-four students from around the United States participate in our weeklong program to learn more about optometry and ICO. The program was made possible in part by a grant from the Association of Schools and Colleges of Optometry.

The weeklong program was filled with seminars on a variety of topics, such as:

- Admissions 101
- Importance of Diversity in Optometry
- New Technology in the Profession
- Study Skills/Time Management
- Financial Matters

Participants also had the opportunity to interact with ICO staff, faculty, students, and alumni throughout the week. From the Welcome Reception to the ICO Student Panel, participants heard the many different routes that our alumni and current students took on their journey to optometry.



Alumni Weekend September 11-13, 2009

All alumni, students, faculty, and staff are invited to attend Alumni Weekend, September 11-13, 2009. Please register by September 4th.

Highlights of the weekend include:

Friday, September 11th

Class Reunion and Alumni Awards Reception, Banquet and Hospitality Suite at the InterContinental Chicago hotel.

Saturday, September 12th

These events will be held on campus and are complimentary for students and faculty.

Exhibitor Fair & Reception, 12:00 – 1:30 p.m., features vendor booths, appetizers, beverages, and raffle prizes.

Smart Business Program, 1:30 – 4:00 p.m.

Features the lecture: Subspecialization: Creating a Niche for Yourself, followed by a panel of recent graduates sharing their experiences since graduating. There will be a big raffle drawing featuring \$5,000 of prizes at the conclusion of the program.

President's Welcome/White Coat and Awards Ceremony and Dessert Reception, 4:30-6pm

Everyone is invited to attend the President's Welcome/White Coat and Awards Ceremony. The program begins at 4:30 pm on Saturday, September 12th in the Lecture Center. Come and watch the new 1st year class receive their first white clinic coats.

First, second and third year students will receive recognition for their awards and scholarships. Faculty will be recognized for the Teacher of the Year, Clinician of the Year and Golden Apple Award. A dessert reception will immediately follow the program.

Sunday, September 13th

Four Hours of Continuing Education (non-tested) on campus, 8:00 a.m. - 12:00 p.m.

Conversations in Glaucoma, 8:00 – 9:40am

Decades of Advancement in the Treatment of Dry Eye Syndrome, Anterior Segment Complications and Vision Correction, 10:00 – 11:40 am

To Register:

Please complete a registration form and return it to Connie Scavuzzo in the Alumni Office (2nd Floor, across from Student Affairs Suite) by September 4th. Look for Registration forms sent via email, distributed in classes and mailboxes, and at a table outside the Lecture Center.

For More Information:

Please contact Connie at cscavuzzo@ico.edu or call 312-949-7080.

Matthews ICO Bookstore Hours

Monday - Friday

9:00 am – 5:00 pm

Bulletin Boards

Interested in posting a notice on the appropriate bulletin board? Interested in locating an item or event of interest? Use the following index for locations containing bulletin boards designated for a particular use:



AOA-PAC - outside the Bookstore

Class Schedules - column outside the Student Affairs Office

Financial Aid - outside the Financial Aid Office

1st year academic related information - outside Room 1200

For sale items - above mailboxes

Housing (off campus) - President's Circle Lounge/Mailroom or in a binder in the Student Affairs Office

Jobs - column outside the Student Affairs Office (off campus), Financial Aid Office (work-study)

Note Service - south wall at library entrance

Part-time student job opportunities - column outside the Student Affairs Office

Registrar's information - column outside the Student Affairs Office

RC resident information - RC entrance

Student Association news, etc. - President's Circle Lounge

Schedules and Quarterly Dean's List - column outside the Student Affairs Office

2nd year class - outside Room 1201

Social activities - mailbox area, President's Circle Lounge and class bulletin boards

Special events board - outside mailbox area and President's Circle Lounge

SVOSH - outside the Bookstore

3rd year class - outside Room 1202 (upper west entrance)

Study Areas

There are several study areas located on campus designated for studying. Applicable locations and hours are given.

Library

Monday-Thursday 8 am to 12 am

Friday 8 am to 9 pm

Saturday 9 am to 9 pm

Sunday 10 am to 12 am

Brady Cafeteria

Monday-Sunday 7:00 am - 3:00 am

President's Circle Lounge (Mail Foyer)

Monday - Sunday 24 hours

Lost and Found

The lost and found area is located in the Security Office on the second floor above the main entrance. Personal belongings and equipment should be covered by personal insurance policies of students or their parents (homeowners). Students are urged to permanently mark all equipment and personal belongings. The College is not responsible for the loss of personal property.

Facility - Lecture Center

Opie Nimon, Chief Engineer

The Lecture Center rooms 1200, 1201, 1202 and 1203 can be configured in several different ways to accommodate varying group sizes. Each room has seating for approximately 160+ people each. The rooms can be requested for an event/lecturer by utilizing the room request form in the Student Affairs Office in advance. The Facilities personnel are the only people that are trained and authorized to move the walls in the Lecturer Center. Do not attempt to move the walls and do not ask Security to move the walls. Moving the walls could be extremely dangerous for persons that are unfamiliar with the mechanics of their construction. If you have any questions about how the walls can be configured or occupancy please contact Opie at x7610.

Courtyard

Weather permitting, student organizations are welcome to use the Courtyard for various functions. However, the grass in the Courtyard cannot withstand much traffic. Therefore, you are asked to stay off the grass and are requested not to set tables or other items on it.

Work Study News

Deanna Polakowski

Just a few reminders regarding the work study program. If you are an incoming first year student or you have been here awhile and have never worked for ICO and you are looking for work this year you must fill out hiring paperwork – I-9, tax forms W-4 and IL W-4, and a Student Work Study Authorization. All of the forms can be found at theview.ico.edu. In order to access them, you must log in, and once in, there is a Work Study Program tab at the top of the page - click on it. There you will find information and updates on the work study program and some jobs. Under Handouts you will find all the necessary forms - government forms are interactive, however the ICO Student Work Study Authorization is a print only. Forms can also be obtained in the Human Resources Department (across from Student Affairs). When jobs are posted on the View the job descriptions will be posted under Work Study Position.

It is important to remember that you cannot begin work until your paperwork has been processed. Once you start work it is very vital to complete your electronic timecard within two business days of the close of the pay period. If you do not complete your timecard before payroll closes the pay period, you will need to make an appointment with Mr. Bryant Anderson, Senior Director of Student Services to obtain his signature on a paper timesheet and to discuss why you did not complete your timecard on time.

I would also like to remind the student population that even though you may have more than one work study position you cannot work more than a total of 15 hours per week when school is in session or 35 hours per week during breaks. It is your responsibility to keep track so you don't exceed the allowed hours.

Work Study Pay Scale

| Hourly Rate | 1 st & 2 nd Years | 3 rd & 4 th Years |
|-------------|---|---|
| General | \$8.00 | \$9.00 |
| Optometry | \$11.00 | \$12.00 |

Any questions, feel free to contact me at ext 7043 or stop by the Human Resources Office.



Spotlight on the Library

by Kathryn Johnston

Acting Library Director

Welcome to the Class of 2013 and welcome back returning students!

Big changes have occurred this summer in the Library. Gerald Dujisik retired after twenty three years as the Library Director. Kathryn Johnston is now serving as the Acting Library Director and Jeff Proehl has been hired as the new Information Systems Librarian. Our websites have new looks and you can follow library news and updates on Facebook and Twitter.

The Library and its staff are here to help you. You will need your campus identification card in order to check out Library materials, including items on reserve. Non-reserve materials may be renewed online, if you obtain your Library user identification number and password from a library staff member. To find Library materials, you can click on LIBRARY from the TheView, or go to the

Library's website from on campus: <http://icolibrary/library.htm>

Library's off-campus website: <http://library.ico.edu>

VisionCite and PubMed article citations now provide links to their online versions. Click on GET IT @ ICO to see the fulltext article, if it is available. Please contact me or another fulltime Library staff member if there are problems with the web links.



If you already have an article's information and want to see if it is available online, click on Citation Linker from the Library's website to fill in the journal name, date, and page. Some journals require a password. Passwords are available from our website if you have accessed our website from on campus.

Duane's Clinical Ophthalmology and other ebooks are online from the Library's website under "Electronic Sources." *Will's Eye Manual* and the *Ophthalmic Drug Facts* are online as well.

Fall Quarter Hours

| | |
|-----------------|----------------|
| Monday-Thursday | 8 am to 12 am |
| Friday | 8 am to 9 pm |
| Saturday | 9 am to 9 pm |
| Sunday | 10 am to 12 am |

Circulation Policies

| | Time | Overdue Fine |
|---|----------|--------------|
| Books (including fiction, audio cassette tapes), Videocassettes, CD-ROMS, and DVDs | 4 weeks | \$1.00/day |
| Journals and magazines | 1 week | \$1.00/day |
| Digital camera/laptop computer/calculators | 24 hours | \$1.00/day |
| Library study rooms | 24 hours | \$1.00/day |
| Reserve books and articles, slide tape programs | 4 hours | \$1.00/hour |
| | 3 hours | \$1.00/hour |

The Library employs student workers, mostly for evening and weekend hours. Please contact Darlene Ward in the Library workroom if you would like to apply for a position.

Photocopiers/Printers/Scanners

| | |
|--|-------------------------------------|
| Black and White Printing and Photocopying with card: | \$0.08 (either floor) |
| Black and White Printing and Photocopying with cash: | \$0.10 (2 nd floor only) |
| Color Printing and Photocopying with card: | \$0.40 (1 st floor only) |

A coin-op is attached to the second floor copier. The coin-op also accepts \$1 bills for making copies. This does NOT add value to your campus ID card.

The Library has put \$25 on the ID cards of first-third year students, and \$10 for fourth years in a copier/printer account for each student for the coming year. The color copier/printer's default is for B&W but can be changed via the print preferences. The preferences also can set the pages to be automatically hole-punched or stapled. Any money left from the Library's card account will be deleted at the end of the school year. The library staff STRONGLY recommends that you use print preview before printing so that you know exactly what you will get for your money.

Both the 1st and 2nd floor photocopier/printers also can be used as scanners. Please ask Library staff for a lesson on how to scan for free text or images.

Good luck in the new school year! We look forward to seeing you in the Library!

Mainos Memos

Maino's Memos contains the latest research and information about eye and vision care of children, developmental disabilities, Traumatic/Acquired Brain Injury and other topics of interest.

Fixing My Gaze: A Scientist's Journey into Seeing in Three Dimensions

According to Susan Barry, PhD, professor of neurobiology in the Department of Biological Sciences at Mount Holyoke College, optometric vision therapy can give 3D vision to an adult who had been stereo-blind for most of her life. Go to <http://www.fixingmygaze.com> to read more about it. You may also want to check out <http://mainosmemos.blogspot.com/search?q=susan+barry> to see videos and read more

about her experiences in learning to see in three dimensions. Dr. Barry has been featured in articles by neurologist Oliver Sacks, MD in the New Yorker and on National Public Radio. Dr. Barry also has a blog on the Psychology Today website at <http://www.psychologytoday.com/blog/eyes-the-brain/200908/how-rewire-your-brain-part-1-the-importance-everyday-experiences>

New Evidence-Based Research Shows That Universal Comprehensive Eye Exams Would Help More Children Succeed In School

The National Commission on Vision and Health in their report, "*Building a Comprehensive Child Vision Care System*," note that children are being screened for vision problems at low rates and those who are screened do not often receive the necessary follow-up and treatment they may require. Although the majority of states do require some type of vision screening prior to children entering public schools, they often fail to use the best screening tests. Only three states, Kentucky, Illinois and Missouri, require comprehensive eye exams for children entering school. Currently fifteen states do not require any form of screenings or exams, resulting in a public health emergency for millions of children. Read more about this at

<http://mainosmemos.blogspot.com/search?q=comprehensive+eye+exam>

Diplopia and Fluoroquinolones

A total of 171 case reports of diplopia associated with fluoroquinolones were reported, including 76 men, 91 women, and 4 case reports in which the gender was not specified. The median age was 51.6 years. Median time from beginning of therapy to appearance of the ADR was 9.6 days (range 1 day to 5 months). Seventeen subjects also had concomitant tendinitis, 49 patients were 60 years or older, 1 patient had renal cysts, and 4 patients were taking systemic anti-inflammatory steroids additional information is available at <http://mainosmemos.blogspot.com/search?q=fluoroquinolones>

Convergence Insufficiency Training in Children has Lasting Effects

Previous research from the CITT Investigator Group demonstrated that office-based [optometric] vision therapy is more effective than home-based options for the treatment of symptomatic convergence insufficiency in children. This new report on the long-term effectiveness of these therapies indicates that the success achieved at 12 weeks is sustained in most children one year later. If any of your patients have convergence insufficiency, please refer them to the Pediatrics/Binocular Vision Service immediately. We can help them.

Long-Term Effectiveness of Treatments for Symptomatic Convergence Insufficiency in Children. Scheiman M; Convergence Insufficiency Treatment Trial Study Group. *Optom Vis Sci.* 2009 Aug 7.

Drug and Herb Interactions

Many of the websites found in this study provided limited information and limited searchability. We found seven websites out of 100 that met our selection criteria. A web portal, with risk categorization of mild, moderate and severe for drug-herb interactions, can assist doctors in clinical decision making. Maximum benefits could be obtained by working corroboratively with the Therapeutic Goods Administration.

Comments: We should remind all our patients that just because it's "natural" doesn't mean "it's safe"! All mushrooms are "natural" and some naturally contain belladonna....but you could die from eating this natural, very organic fungus! Full text of article is available by clicking on the title above...

The article suggests these sites and more...

[http://www.naturaldatabase.com/\(S\(dltre1vp0upgc355bpnpy12y\)\)/home.aspx?tab=2](http://www.naturaldatabase.com/(S(dltre1vp0upgc355bpnpy12y))/home.aspx?tab=2)
<http://www.drugdigest.org/wps/portal/ddigest>
<http://www.herbmed.org/>
http://www.imgateway.net/page.jsp?demoProfRef=ProfLookups_Herbs

Facebook, Twitter, Linked In

Are you on any of these digital social networks? Just a quick reminder that even when you are on the Internet you need to maintain the professional and ethical appearance of a future health care provider. What you put on the "net" stays there forever. Future employers, future spouses, and potential optometric partners will check you out on the internet. The general rule of thumb is, "If you wouldn't want your grandma to see it, hear it, or experience it....don't do it! Now after having said that, I want to invite all of you to check out my blog (<http://www.mainosmemos.blogspot.com>) and to join me on Facebook if you are so inclined.

Classifieds

TAs

Dr. Frantz and I are looking for available 4th year students who would like to TA for CLE 375 Lab, the Treatment of Binocular Vision Disorders. The labs are every morning M-F from 9:00 - 12:00. We also need TA's to check the student recording sheets outside of lab time, so if their schedule does not permit them to attend a lab section permanently, they could still work outside of the normal lab times. Please have them contact Dr. Allison at callison@ico.edu.

Workstudy

Dr. David Castells is looking for a work-study for Introduction to Optometric Procedures (CLE 161.1). Applicants should have earned a grade of B or better in this course, be organized, able to work independently and capable of meeting reasonable deadlines. Please contact Dr. Castells for more information or if you are interested. 312-949-7247 dcastells@ico.edu.

Teaching Assistants

Attention 2nd, 3rd, and 4th year students: Histology Lab TAs needed

The lab schedule for the Fall 2009 Quarter is:

Tuesdays 9:00 – 10:50 and 11:00 – 12:50

Wednesdays 9:00 – 10:50 and 11:00 – 12:50

Thursdays 9:00 – 10:50 and 11:00 – 12:50

If you are interested (please!!!) contact Dr. Bakkum ASAP!!!

Brady 2020

Extension: 7267

Email: bbakkum@ico.edu

Student Affairs Office

The S.A.O. has work study openings on Tuesday and Thursday afternoons. Duties include greeting applicants, conducting campus tours, and various clerical and computer projects. Students must dress in clinic attire. If interested, please contact Sharon Uher at x7405 or stop by the SAO to see her.

Residencies

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

Nova Southeastern University, Ft. Lauderdale FL

- Primary Care with emphasis in Cornea & Contact Lenses
- Primary Care with emphasis in Ocular Disease
- Primary Care with emphasis in Geriatrics & Low Vision
- Primary Care with emphasis in Pediatrics & Binocular Vision

Scholarships

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

| Scholarship | Who's Eligible | Amount | Deadline |
|--|---|--|--------------------|
| Dr. Leslie Mintz Scholarship Foundation NJSOP | <ul style="list-style-type: none">• Current legal address in NJ for at least 10 years• Member of student NJSOP• Plan to live in NJ | \$1,000 to 2,500 | September 10, 2009 |
| A.H. Basman, O.D. Scholarship | <ul style="list-style-type: none">• Manitoba, Canada residents• 1st thru 4th years | \$1,000 | September 10, 2009 |
| Acorn Equality Fund | <ul style="list-style-type: none">• GLBT, allies or children of GLBT• Live in IL except, Cook, DuPage, Grundy, Kane, Kendall, Lake, McHenry and Will | \$1,000 to \$4,000 | October 9, 2009 |
| Alcon – 4th Year Optometry Student 2010 Case Study Award | <ul style="list-style-type: none">• 4th Year Students• Write a case report | \$1,000, overall national award winner will receive additional \$5,000 | January 31, 2010 |

The Student Affairs Office has more information, so stop by and check it out

Fitness Corner

Welcome to the Illinois College of Optometry!

I wanted to take a moment to introduce myself. My name is Shirmel Richards and I oversee the day-to-day operations of the fitness center while providing a variety of fitness related programs and services. Find out about the latest Fitness events and services by visiting the Fitness page of the View at <http://theview.ico.edu>



ILLINOIS COLLEGE OF OPTOMETRY

FALL, 2009

August 21, 2009

SCHEDULE OF FALL QUARTER FINAL EXAMS

| | Saturday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------|-----------------------------------|--|---------------------------------------|-------------------------------|-----------------------------------|---------------------------|-------------------------------------|
| | OCT 31 | NOV 2 | NOV 3 | NOV 4 | NOV 5 | NOV 6 | NOV 7 |
| 9:00 – 11:00 | BHS 106 Histology | BHS 244 Binocular Vision | CLE 162.1 Optometric Procedures | CLE 262.1 Optometry 2.1 | BHS 116 Human Physiology | BHS 150.1 Biochemistry | BHS 120.1 Geo and Theo Optics |
| 11:30 – 1:30 | BHS 254.1 Pharmacology | BHS 114 Human Anatomy | | | CLE 270.1 Ophthalmic Optics | | BHS 212 Ocular Physiology |
| 1:45 – 3:45 | | CLE 375 Binocular Vision Disorders | | | CLE 365.2 Contact Lenses II | | |
| 2:15 – 4:15 | BHS 363.2 Ocular Disease IV | | | | | | BHS 360.1 Clinical Medicine |

ATTENTION: MAKE-UP DATES FOR ALL FINAL EXAMS WILL BE
MONDAY, NOVEMBER 9 AND TUESDAY, NOVEMBER 10.

The next Focal Point will come out September 4, 2009.

FALL QUARTER, 2009

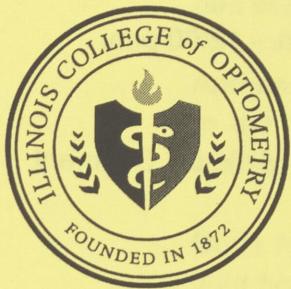
July 28, 20

EXAM SCHEDULE

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED

| DATE | FIRST YEAR | Second Year | Third Year |
|--------------|---|---|--|
| 11-Sep F | BHS 116 Human Physiology 1200-1203 | BHS 254.1 General Pharmacology I 1201-1202 | |
| 15-Sep T | BHS 114 Human Anatomy 1200-1203 | BHS 270.1 Ophthalmic Optics I 1201-1202 | |
| 16-Sep W | | | CLE 365.2 Contact Lens 1200-1203 |
| 17-Sep TH | | BHS 212 Ocular Physiology 1200-1203 | |
| 18-Sep F | BHS 106 Histology 1200-1203 | | BHS 360.1 Clinical Medicine 1201-1202 |
| 21-Sep M | | CLE 262.1 Optometry 2.1 1200-1203 | |
| 22-Sep T | BHS 150.1 Biochemistry 1200-1203 | | CLE 375 Binocular Vision Disorders 1201-1202 |
| 25-Sep F | BHS 120.1 Geo & Theo Optics 1200-1203 | | BHS 363.3 Ocular Disease IV Ant Seg 1201-1202 |
| 28-Sep M | BHS 116 Human Physiology 1200-1203 | BHS 254.1 General Pharmacology I 1201-1202 | |
| 30-Sep W | BHS 114 Human Anatomy 1200-1203 | | BHS 363.2 Ocular Disease V Glau 1201-1202 |
| 01-Oct TH | | BHS 244 Binocular Vision/Ocular Motility 1200-1203 | |
| 02-Oct F | BHS 106 Histology 1200-1203 | | |
| 05-Oct M | | BHS 270.1 Ophthalmic Optics I 1200-1203 | |
| 06-Oct T | BHS 150.1 Biochemistry 1200-1203 | | BHS 360.1 Clinical Medicine 1201-1202 |
| 08-Oct TH | BHS 120.1 Geo & Theo Optics 1200-1203 | BHS 212 Ocular Physiology 1201-1202 | |
| 09-Oct F | | | CLE 365.2 Contact Lens 1200-1203 |
| 12-Oct M | BHS 116 Human Physiology 1200-1203 | | CLE 375 Binocular Vision Disorders 1201-1202 |
| 13-Oct T | | BHS 254.1 General Pharmacology I 1200-1203 | |
| 14-Oct W | BHS 114 Human Anatomy 1200-1203 | | |
| 15-Oct TH | | | BHS 363.3 Ocular Disease IV Ant Seg 1200-1203 |
| 16-Oct F | CLE 162.1 Intro to Optometric Procedures 1200-1203 | CLE 262.1 Optometry 2.1 1201-1202 | |
| 19-Oct M | BHS 106 Histology 1200-1203 | | BHS 363.2 Ocular Disease V Glau 1201-1202 |
| 21-Oct W | BHS 150.1 Biochemistry 1200-1203 | BHS 270.1 Ophthalmic Optics I 1201-1202 | |
| 23-Oct F | BHS 106 Histology Lab Final NOTE: Rm 1200 and 1202 | | |
| 26-Oct M | BHS 120.1 Geo & Theo Optics 1200-1203 | BHS 244 Binocular Vision/Ocular Motility 1201-1202 | |

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Focal Point

C A M P U S N E W S

Alumni Weekend September 11-13, 2009

All alumni, students, faculty, and staff are invited to attend Alumni Weekend, September 11-13, 2009.

Highlights of the weekend include:

Friday, September 11th

Class Reunion and Alumni Awards Reception, Banquet and Hospitality Suite at the InterContinental Chicago hotel.

Saturday, September 12th

These events will be held on campus and are complimentary for students and faculty.

Exhibitor Fair & Reception, 12:00 – 1:30 p.m. features vendor booths, appetizers, beverages, and raffle prizes.

Smart Business Program, 1:30 – 4:00 p.m.

Features the lecture: Subspecialization: Creating a Niche for Yourself, followed by a panel of recent graduates sharing their experiences since graduating. There will be a big raffle drawing featuring \$5,000 of prizes at the conclusion of the program.



President's Welcome/White Coat and Awards Ceremony and Dessert Reception, 4:30-6 p.m.

Everyone is invited to attend the President's Welcome/White Coat and Awards Ceremony. The program begins at 4:30 p.m. on Saturday, September 12th in the Lecture Center. Come and watch the new 1st year class receive their first white clinic coats.

First, second and third year students will receive recognition for their awards and scholarships. Faculty will be recognized for the Teacher of the Year, Clinician of the Year and Golden Apple Award. A dessert reception will immediately follow the program.

Sunday, September 13th

Four Hours of Continuing Education (non-tested) on campus, 8:00 a.m. - 12:00 p.m.

Conversations in Glaucoma, 8:00 – 9:40 a.m.

Decades of Advancement in the Treatment of Dry Eye Syndrome, Anterior Segment Complications and Vision Correction, 10:00 – 11:40 a.m.

For More Information:

Please contact Connie in the Alumni Office at cscavuzzo@ico.edu or call 312-949-7080.

Hope to see you there!

Student Association News

The Student Association would like to thank all of you for coming out to the Club Blindspot last week. A big thank you goes out to all the club officers who attended, the SA board, and facilities for their hard work! We'd also like to thank Matthews Bookstore for their donation to the raffle. Attendance was great this year and we hope all of you had a great time meeting your fellow colleagues as well as getting to know more about the various organizations on campus.

Club Blindspot

Congratulations goes out to our raffle winners, 1st years: Tyrone Favis, Joseph Lee, Nick MacInnis, Agen Herring, Derek Vogelpohl, and Chad Slagle along with 2nd year winner Ryan Le and third year winners Wilson Lee, Christine Le, and Nancy Chong.

Good luck with the first round of exams,

The Student Association

IColympics 2009 Success

ICO's Student Association and the Office of Student, Alumni and College Development are pleased to announce that this year's IColympics, held on Saturday, August 29, 2009, was a great success!

We had an excellent turn out at the event this year, and the competition was as fierce as ever! Each class won at least one event, with the new first year Class of 2013 winning in softball as well as the "pie-in-your-eye" and watermelon-eating contests, the Class of 2011 winning the goofy relay, and the Class of 2010 taking home the championship in the hot dog eating contest. In the end, however, it was the Class of 2012 who were able to win the IColympics, placing in almost every event. Their high points included Grace Yoon's golf chip to within 6 inches of the flagstick and wins for the second consecutive year in both volleyball and tug of war. Congratulations to the Class of 2012!

Thanks go out to Wal-mart/Sam's Club their generous continued sponsorship, to Shirmel Richards and Beth Karmis for arranging for food, beverages, and rental equipment, to facilities for their hard work before and after the event to make sure we

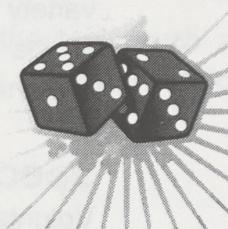


had everything we needed, and to security for keeping a watchful eye on the event.

And as always, a very special thank you goes out to Dr. Colip and his office, as well as to the Student Association board. This event would simply not have been possible without your hard work and constant support!

Don't forget: coming up at ICO on Friday, September 25th... get your bowties and sequin dresses ready – it's time for Casino night!

*Erik J. Mothersbaugh
President-Elect, ICO Student Association*



Student Healthcare with ACCESS at IEI

Many questions have arisen about the student healthcare agreement between ICO and ACCESS at the IEI. There were a few changes this summer, but for students the changes are minimal. ACCESS continues to provide acute care to ICO students without charge to the student. ACCESS at IEI will continue to provide annual TB tests and flu shots to students and ICO staff.

What is different this year from last year?

Students will have to pay (or provide insurance information) for vaccinations (i.e. travel related vaccines and/or the vaccinations you were required to have before you matriculated at ICO). The only exception to this includes annual TB tests (they are still covered) and other infection control or wellness programming (i.e. seasonal flu vaccinations) deemed necessary.

Employees of the College will not receive care without charge through ACCESS at IEI. ACCESS participates in most insurance plans and will accept ICO staff as patients, but staff members are financially responsible for that care. The only exception to this involves the annual TB testing and other infection control programming (i.e. seasonal flu vaccinations).

Please see the flyer on page eleven that outlines the Institutional Health Services agreement with ACCESS. If you have questions or concerns, please contact Beth Karmis at ext. 7415 or bkarmis@ico.edu

International Clinical Research Scholars Program

Would you like a unique chance to experience clinical research training in a developing country, working in an advance research center? Applications are now being accepted for this exciting international opportunity.

The Fogarty International clinical Research Scholars & Fellows Support Center at Vanderbilt & AAMC offers a one year clinical research training experience for doctoral-level U.S. students in the health professions. Each fellowship will be for a one-year period. The term will begin with an intensive orientation program in July 2010 followed by 10+ months of intense research training at the international site. Applications are due December 3, 2009. To learn more, please visit www.aamc.org/overseasfellowship or www.fogartyscholars.org.

Toric Workshop

The Contact Lens Society will be having The Industry Toric Workshop sponsored by Teague Training Group on Sunday, September 20, 2009 from 10am to 1pm. We are currently looking for patients who wear toric soft contact lenses who are interested in sitting as patients for our students. Patients and students will have experience with a variety of toric products from multiple companies. Patients will receive \$50 for their time at the end of the workshop. If interested, please contact Dr. Jennifer Harthan at JHarthan@ico.edu.

Special Olympics

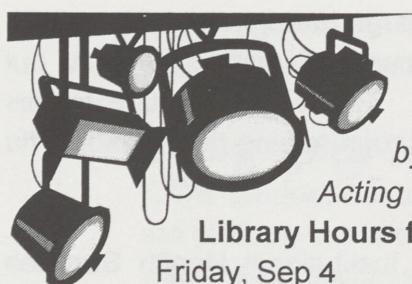
Volunteers needed for Special Olympics Vision Screening at the United Center. The Special Olympics Lions Club International Opening Eyes Vision Program was created in response to the fact that people with developmental disabilities need quality vision care, but often have no access or are denied treatment. Participants will receive a comprehensive vision and eye health screening.



I am looking for ODs, students, and staff to help at Medfest 2009. We are providing vision screenings at the United Center on September 24th, 8:00 a.m.-2:00 p.m.. Any help would be greatly appreciated. If interested let me know by Sept 17th. I can be contacted by emailing me at msigler@ico.edu.

Thanks,

Melissa Sigler, OD



Spotlight on the Library

by Kathryn Johnston

Acting Library Director

Library Hours for Labor Day Weekend

Friday, Sep 4 8:00am-5:00 p.m.

Sat-Mon, Sep 5-7 Closed

Tuesday, Sep 8 Resume normal hours, 8:00 a.m.-Midnight

New Poster in Library Lobby

This week's poster is "There Are Differences in Higher Order Aberrations among Silicone Hydrogels" by Drs. Gary Gunderson, Rebecca Zoltoski, Emily Pott and Eileen Bush. Drs. Pott and Bush were students at the time the research was conducted. Please direct all questions to the authors.

Physiology Homework Assignment

Please contact a librarian if you need assistance. Many students find the following books and electronic books of particular use, depending on the topic:

Clinical Ophthalmology, by Kanski and others. RE46 .K35 2007 (Reserve)

Ophthalmology, edited by Yanoff and others. RE46 .Y39 2009 (Reserve)

Principles and practice of ophthalmology, edited by Albert and Jakobiec, 4 vols, RE46.P74 2007 (Reserve)

Duane's Ophthalmology. Online at the Library's website under Electronic Sources or the older edition (10 vols.) is on reserve at Ref. RE46 .C57.

Ocular Manifestations of Systemic Disease, edited by Blaustein. RE65.B6 1994 (Reserve)

The Eye in Systemic Disease, edited by Kanski and Thomas. RE65.K3 1990 (Reserve)

Other books that might be useful would be textbooks that cover the topic such as *Braunwald's Heart Disease* (Ref. RC681.B7 2008) for atherosclerosis and hypertension or *Williams Textbook of Endocrinology* for diabetes.

PubMed

PubMed indexes all of the medical literature and is produced by the National Library of Medicine. It does not cover all the optometric and contact lens journals, however, since PubMed emphasizes disease rather than refraction, fitting or management issues. For complete coverage, it is important to search ICO's VisionCite article index (in our catalog, iLink) and PubMed.

Full Text Articles

If you link to PubMed through the Library's website, you can get full text articles by clicking on the "GET IT AT ICO" icon. If a needed article or book is not available in our Library, there is a link from "GET IT AT ICO" that will allow you to make a document delivery (interlibrary loan) request. We will obtain the item for you from another library.

Please contact a librarian if you need assistance researching either PubMed or the Library's catalog, iLink and VisionCite.

Library Renewals

You may renew your own materials if you sign on to the Library website at <http://icolibrary/library.htm> on campus or off campus at <http://library.ico.edu> and click on iLink, and My Account. You also can find the Library's iLink catalog from the library links from TheView. You will need your user ID and PIN, which can be obtained by emailing us at cshepard@ico.edu or by talking to any fulltime library staff member. You can renew library materials by telephoning the Library at 312-949-7158. If your library item is needed by another patron or for reserves, you will not be able to renew that particular item and must return it to the Library.

Booking Rooms and Equipment Via iLink

You can now book rooms through our online catalog, iLink. First search for the title word "room" in our online catalog and use the drop down Library box to chose "Shepard Library." Click on the room that you want to book. Scroll down to the bottom of the screen. Click on "Study room" (there are four to chose from once that is chosen) or "LRC conference room." Once one of these records is displayed, click on Booking on the toolbar at the top. The screen will display all the time periods that the room is not available—i.e. has already been booked. Enter your user id and then scroll to the bottom of the screen and click on "Set Booking Date/Time." Use the calendar/time gadget to set the start and time for the booking. The computer will not permit time periods of greater than four hours or when the Library is not open. Click on Book Item.

If you will require more than four hours for an official function or need special equipment, please contact a library staff member and we can book the room for you and arrange equipment delivery.

Scanners

The Library has two HP scanners connected to computers in the first floor library computer laboratory. OCR (optical character recognition) software is installed as well. Omnipage 15 allows you to scan a document into Word so that you can edit the text. This is very helpful when you have a print of a document but have lost the actual file. The scanners can also be used for scanning images within copyright limits.

It also is possible to scan documents using the two Ricoh photocopier/printers and then email the scanned document as a Word, Excel, or PDF file. Please ask the fulltime staff for assistance if you are unsure on how to use the scanners.

New Books

The Library's new book shelves are located across from the first floor Ricoh printer/photocopier/scanner near the restrooms. Some of the new books for August include:

Conceptions of Assessment: Understanding what assessment means to teachers and students, by Gavin T. L. Brown. LB3058 .N4 B76 2008

Neuro-ophthalmology Problem-Solving: a Practical and User-Friendly Guide, by Halpern, Flynn, and Forman. RE725 .H34 2009

Ocular Accommodation, Convergence & Fixation Disparity, by Goss. RE925.G6 2009

Have a great Labor Day holiday and we look forward to seeing you in the Library!

Mainos Memos

Ten Reasons to Be Concerned about Your Child's Headaches

If you cannot find a vision problem as an etiology for your patient's headache, you really need to be concerned if:

1. Headaches that continue to get worse or becoming more frequent
2. Headaches that occur in the same area of the eye or head
3. Headaches that wake children up at night or are present at the beginning of the day
4. Headaches accompanied by double vision, blurred vision, or abnormal eye movements
5. Headaches that cause a child to cease their normal activities
6. Any headache that occurs after a fall, possible bump to the head, or after loss of consciousness or memory, however brief
7. Any headache that is accompanied by changes in responsiveness, sluggish thinking, slurred speech, changes in balance, different pupil sizes, severe vomiting, droopy half open eyes, altered or unusual behavior
8. Headaches that only occur when a specific person is around (possible abuse)
9. Headaches occurring in other people present (possible carbon monoxide poisoning)
10. Severe Headaches with very rapid onset, high fever, stiff neck

If any of these are present, a referral to a pediatric neurologist is highly recommended.

(<http://drkisling.com/2009/08/27/common-childrens-headaches-eye-vision-disorders/>)

Neuroscientists Find Brain Region Responsible For Our Sense of Personal Space

We've all experienced situations where the person we are interacting with invades our personal space and we feel uncomfortable, maybe the brain is the problem.

The structure, the amygdala—a pair of almond-shaped regions located in the medial temporal lobes—was previously known to process strong negative emotions, such as anger and fear, and is considered the seat of emotion in the brain. However, it had never been linked rigorously to real-life human social interaction. (Full story available at <http://www.sciencedaily.com/releases/2009/08/090830192041.htm>)

Autism and Vaccines: Halo or Horns for Dr. Andrew Wakefield

If you are interested in the Spectrum of Autistic Disorders, you know that vaccines have been suggested as an etiology for these disorders. It turns out that the researcher who first suggested this may not have told the whole story. Go to <http://www.examiner.com/x-3565-Autism--Parenting-Examiner~y2009m8d30-Autism-and-vaccines-halo-or-horns-for-Dr-Andrew-Wakefield> to discover what that story may be. BTW there has been no research that demonstrates vaccines cause Autism.

Researchers report gene associated with language, speech and reading disorders

...A new candidate gene for Specific Language Impairment has been identified The finding, reported in the current issue of the Journal of Neurodevelopmental Disorders, was discovered by examining genes previously identified as candidate genes for reading impairments or speech sound disorders. The results point toward the likelihood of multiple genes contributing to language impairment, some of which also contribute to reading or speech impairment....

(http://www.eurekalert.org/pub_releases/2009-08/uok-rrg082709.php)

Remember....many genes need the environment before they can manifest a behavior, anatomical/physiological change, sign and/or symptom. Remember by modifying the environment, we can alter brain function and form. (See Neuroplasticity: Teaching an Old Brain New Tricks at

<http://www.revoptom.com/index.asp?ArticleType=SiteSpec&page=osc/106025/lesson.htm>)

SOVOTO

SOVOTO (<http://www.sovoto.com/>) is a social networking site of doctors, patients, parents, vision therapists, OT, PT and Speech/Lang specialist who want to learn from each other. Students are welcome also!

Vision Therapy in the News (Videos and More!)

Check out the College of Optometrists in Vision Development blog at <http://www.sovoto.com/profiles/blog/list?user=04hxk2m37pswu>. It features many videos and news stories about vision therapy, convergence insufficiency and more.

Don't forget to take a look at the convergence insufficiency video the National Eye Institute made at <http://www.youtube.com/watch?v=dAgyojExdHI>

Medline Plus (<http://www.nlm.nih.gov/medlineplus/>)

Medline Plus offers information on 800 health topics, drugs, health news, and more. It is a good resource for you and your patients. (Their information on amblyopia is a bit dated and I have asked them to update this as soon as possible.)

Wright Camera Club

Interested in photography? The Wright Camera Club (<http://www.wrightcameraclub.com>) meets Monday September 14th at 7 p.m. Visit the webpage for more information or contact Dr. Maino.



Mainos Memos is a blog dedicated to research in the area of children and special populations. Go to <http://www.MainosMemos.blogspot.com> for more information.

Events

Optometrists should not only use the science side of our brains, but also the creative side. For not a whole lot of \$\$\$\$ you can get the very best creative brain enhancement available in the Chicago-land area.

Dick Elliot's Popular Ballroom Band

Sunday Sept 20th

St. Bartholomew Catholic Church, Krueger Hall

4900 Addison Ave., Chicago, IL 60641

\$5.00 donation

Opera Gala Benefit Concert

September 25 at 8:00 p.m.

Arias, duets and choruses from Rigoletto, The Magic Flute

La Traviata, Carmen, Norma, Nabucco, Lucia di Lammermoor and Turandot

In a performance by:

Maire O'Brien, Soprano; Kirsten Leslie, Soprano

JeanMarie Garofolo, Soprano; Katherine Kahrmann, Soprano

Lauren Curnow, Mezzo-Soprano; John Concepcion, Tenor

Paul Radulescu, Baritone (many of these fine folks sing in the Chicago Lyric Opera and Opera companies all over the world)

The Romanian Madrigal Consort, Members of the Apollo Chorus, St. Benedict Chorale

Julia Davids, Guest-Conductor, Luciano Laurentiu, Music Director

St. Benedict Church 225 W. Irving Park Rd. Chicago, IL 60618

\$15 in advance through September 23, \$20 at the door

(\$12 Students and Seniors)

For Tickets and Information: Call (773)775-8791 (for will call tickets), Email: bmazzone860@aol.com

All proceeds will benefit the music ministry at St. Benedict Church

Latino Opera Hour Presents

Saturday, Sept 26th 7 p.m.

Luis Antonio Galvez-Alcanara, La Dolorosa, A Zarzuela by Jose Derrano

St. Bartholomew Catholic Church, in the Chapel

4990 W. Addison Ave., Chicago, IL 60641, \$5.00 donation

If you are reading this Focal Point online, all of the links above should be live. Just click on the URL to obtain additional information.

Classifieds

TA

Dr. Castells is looking for a teaching assistant to help grade assignments for Introduction to Optometric Procedures. Please call him at 7247 or 312-203-0425 (cell) if you are interested. Thank you.

Residencies

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

Nova Southeastern University, Ft. Lauderdale FL

- Primary Care with emphasis in Cornea & Contact Lenses
- Primary Care with emphasis in Ocular Disease
- Primary Care with emphasis in Geriatrics & Low Vision
- Primary Care with emphasis in Pediatrics & Binocular Vision

Scholarships

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

| Scholarship | Who's Eligible | Amount | Deadline |
|--|--|--|--------------------|
| Dr. Leslie Mintz Scholarship Foundation NJSOP | <ul style="list-style-type: none">• Current legal address in NJ for at least 10 years• Member of student NJSOP• Plan to live in NJ | \$1,000 to 2,500 | September 10, 2009 |
| A.H. Basman, O.D. Scholarship | <ul style="list-style-type: none">• Manitoba, Canada residents• 1st thru 4th years | \$1,000 | September 10, 2009 |
| Acorn Equality Fund | <ul style="list-style-type: none">• GLBT, allies or children of GLBT• Live in IL except , Cook, DuPage, Grundy, Kane, Kendall, Lake, McHenry and Will | \$1,000 to \$4,000 | October 9, 2009 |
| Alcon – 4th Year Optometry Student 2010 Case Study Award | <ul style="list-style-type: none">• 4th Year Students• Write a case report | \$1,000, overall national award winner will receive additional \$5,000 | January 31, 2010 |

The Student Affairs Office has more information, so stop by and check it out

Fitness Corner

Welcome to the Illinois College of Optometry's Fitness Department. My name is Shirmel Richards and I oversee the day-to-day operations of the fitness center while providing a variety of fitness related programs and services. Here is a brief description of some of the services offered through the Fitness Center.



Fitness Page on the View

Wondering what is happening in the Fitness Department?

- Find fun fit activities around Chicago
- Latest Group Exercise Schedule
- Upcoming ICO fit events & presentations
- Discount coupons and websites for athletic gear

All of this and more can be found online at <http://theview.ico.edu/ics/Fitness/>

Massage Therapy

On campus seated massage is available by a nationally certified massage therapist in time increments from 10-60 minutes with prices starting at just \$10! Sessions are available on Tuesdays by appointment. To schedule a session or learn more, email your request to fitness@ico.edu.



Personal Trainers

Discover the benefits of working with a personal trainer. From designing a customized workout plan to providing ongoing motivation and support, personal trainers are dedicated to helping you achieve your specific fitness goals.



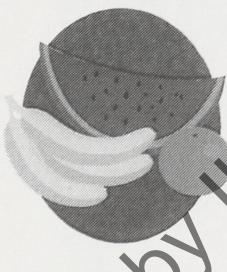
Exercise Classes and Fitness Groups

Looking for a little variety or a competitive challenge in your workout? Then check out our group exercise classes and fitness groups. The Fitness Center offers everything from Pilates and Indoor Cycling to running groups. Log on to the View for the most up-to-date schedule. <http://theview.ico.edu/ics/Fitness/>



Sign-Out Exercise Videos

You can now find popular workouts like Pilates for Men, Crunch Kickbox Party, Red Hot Salsa, and lots more in the library. Now anytime is the right time to get in shape physically and mentally. See Irma Chavez in the media section of the library for more information.



Misc. Fitness Services

Other services available include fitness assessments (body fat analysis, cardiovascular endurance, flexibility, core strength, muscular strength and endurance, balance); general fitness consultation; and equipment orientation. Articles, brochures, pamphlets, and other reference materials on a variety of health and wellness topics are also available.

ICO Institutional Health Services ACCESS at IEI ICO Students & Employees

The Illinois College of Optometry and the Illinois Eye Institute are subcontracted with Access Community Health Network's IEI Health Center for the delivery of acute health care services to our students. These services also include infection control services for our staff and students.

Annual TB testing for all students and designated staff is a mandatory ICO requirement. ACCESS will be consulted and provide care if exposure protocols need to be implemented as would be the case in the event of a needle stick.

In addition to providing easy access to infection control services, the Center also offers a convenient portal for basic care for health concerns that may arise. **Early detection and prevention will circumvent major illnesses that may seriously impact a student's progress.**

Services Provided

Services provided under the scope of the agreement are that are free of charge to students are as follows:

Basic medical services such as those day-to-day things such as coughs, colds, sinus infections, sore throat, flu-like symptoms, or minor injuries. A small number of routine laboratory services are also included.

Services Not Provided

- Routine preventive care (annual physicals) and on going systemic issues such as diabetes, high blood pressure, etc
- Family planning
- Sexually transmitted diseases
- Immunizations and Vaccinations
- Urgent care events (e.g. fractures, major injuries, sudden onset illness requiring hospitalization)
- Hospitalizations and other ancillary services

If the need arises for additional services, the ACCESS Providers can assist with the coordination of such services.

Location & Scheduling an Appointment

When seeking medical services, we suggest that you schedule appointment by calling 312-949-7770. Since the ACCESS Providers also treat patients beyond the ICO & IEI Staff & Students, walk-in appointments are based upon availability and are not guaranteed. You can also check with the ACCESS Reception Desk of the IEI (first floor, Michigan Avenue entrance).

ACCESS at IEI's clinic hours are Monday through Friday, 9:00 a.m. – 6:00 p.m. and Saturday, 9:00 a.m. – 1:00 p.m.

8/09

Payment for Services

Students should not incur any out-of-pocket expenses for the professional fees associated with your acute care services. If you should seek services that are outside the scope of the agreement and have insurance, ACCESS is contracted with most insurance carriers and can directly bill your insurance provider. For uninsured students, they do offer a sliding fee scale and will work with you directly on payment options.

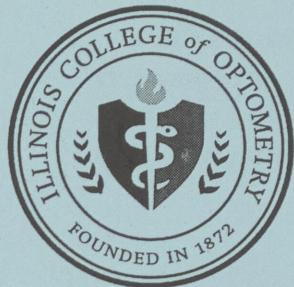
Any charges that are incurred that are outside the scope of the agreement are the patient's responsibility. Payment for services will be handled between the patient and Access Community Health Network.

Problems or Concerns

If you have any problems or concerns, you may contact Beth Karmis at 312-949-7415 or by email at bkarmis@ico.edu.



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Focal Point

C A M P U S N E W S

Hotel Reservations

4th Year Students

I know you think it is early, but have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP. That is a very busy weekend in Chicago because of the restaurant convention. Many hotels, especially in the downtown area, book up VERY early. Last year many students were able to reserve rooms in hotels in the Midway airport area.



Spotlight on the Library

by Kathryn Johnston

Acting Library Director

Introducing our New Information Systems Librarian

We would like to welcome our new Information Systems Librarian, Jeff Proehl. He has his MLIS from Dominican University and has been the Cataloging Librarian at Harper College and Elgin Community College. Jeff will be providing support for the development and maintenance of library technologies, acquiring new materials, and creating records for the library catalog.

Want the most up-to-date information about what's happening at the library? Become our fan on Facebook!

The Carl F. Shepard Library fan page on Facebook posts all the latest information about everything in the library. Keep track of special hours, new books and resources, and all kinds of interesting happenings! It's easy; just search Carl F. Shepard on facebook and click "Become Fan" to hear all the news.

Do you commute? We have continuing education on tape/CD/MP3!

The Library has programs from the College of Vision Development meetings on cassette, audio CD and as MP3 files on a DVD. We also subscribe to the Audio Digest of Ophthalmology which sends bi-monthly CDs of lectures on topics such as "Practice Reans," "Retinal Challenges," or "Glaucoma Update." The sound recordings can be checked out for a week and renewed.

PubMed

PubMed indexes all of the medical literature and is produced by the National Library of Medicine. It does not cover all the optometric and contact lens journals, however, since PubMed emphasizes disease rather than refraction, fitting or management issues. For complete coverage, it is important to search ICO's VisionCite article index (in our catalog, iLink) and PubMed.

If you link to PubMed through the Library's website, PubMed will inform you automatically if ICO subscribes to the journals found by your search. We have added links so that if you see the "GET IT@ICO" icon, the link will lead to the fulltext article, if it is available. If it is not available online, there may still be a link for "ICO IN PRINT" that indicates if we have the paper version so that you can get it from the periodicals on the second floor of our library. If a needed article or book is not available in our Library, there is a link from "GET IT@ICO" that will allow you to make an document delivery (interlibrary loan) request. We will obtain the item for you from another library.

Please contact a librarian if you need assistance researching either PubMed or the Library's catalog, iLink and VisionCite.

Library Renewals

You may renew your own materials if you sign on to the Library website at <http://icolibrary/library.htm> on campus or off campus at <http://library.ico.edu> and click on iLink, and My Account. You also can find the Library's iLink catalog from the library links from TheView. You will need your user ID and PIN, which can be obtained by emailing us at cshepard@ico.edu or by talking to any fulltime library staff member. You can renew library materials by telephoning the Library at 312-949-7158. If your library item is needed by another patron or for reserves, you will not be able to renew that particular item and must return it to the Library.

New Books

The Library's "New Book" shelves are located across from the first floor Ricoh printer/photocopier/scanner near the restrooms. Some of the new books for September include:

Visual Reflections: A Perceptual Deficit and Its Implications, by Michael McCloskey.
BF241.M347 2009

Optometry: Science, Techniques, and Clinical Management, edited by Mark Rosenfield and Nicola Logan. RE951.E4 2009

Patterson's Allergic Diseases, edited by Leslie C. Grammer and Paul A. Greenberger.
RC584.P3 2009

Happy fall equinox! We look forward to seeing you this fall in the Library!

Fellowship of Christian Optometrists

We meet every Thursday evening at 6:30 pm in the Third Floor Conference Room. ALL are welcome to join us for Bible study, snacks, games and discussion. We also meet most Tuesday afternoons at 1:00 pm in the Third Floor Conference Room for a short time of prayer. Check our bulletin board in the President's Lounge for more updates. If you want to be added to our mailing list or you have any questions about FCO, email me at FCOatICO@gmail.com or eknighton@eyedoc.ico.edu

- Beth Knighton, FCO President

Tech Tips

Here is a useful web link that describes ergonomic guidelines for computer use:

<http://www.osha.gov/SLTC/etools/computerworkstations/index.html>

Interactive: Excel 2003 to Excel 2007 command reference guide

<http://office.microsoft.com/en-us/excel/HA101491511033.aspx>

Interactive: Word 2003 to Word 2007 command reference guide

<http://office.microsoft.com/en-us/word/HA100744321033.aspx>

Interactive: Power point 2003 to Power Point 2007 command reference guide

<http://office.microsoft.com/en-us/help/HA101490761033.aspx>

IS contact procedures.

Phone calls or voice mail to x7500 or email to support@ico.edu are the expected methods to contact the support team with a problem.

1. Phone Request:

Contact x7500 for a medium or high priority request. To properly prioritize your problem or request, please be as descriptive as possible by describing the problem, workstation location and person to contact along with their extension. Press 1 for normal priority messages or press 3 for major system emergencies. If option 3 is selected, calls will be forward to the available members of the IS department.

2. System Support Email:

Non-emergency priority problems, or requests such as installing new software, hardware, etc., can be sent via email to support@ico.edu. The email should be as descriptive as possible, including the problem, workstation location and person to contact along with their extension.

Special Olympics Vision Screening

We are still asking for help at the United Center September 24th 8 am - 1:30 pm. If you are participating below are the instructions, details and directions. It will be a lot of hard work but very rewarding. We ask that you arrive at the United Center at 8 am so we can be ready for the screening at 9 am.



1. There will be a volunteer registration table near Gate 6. Please go there to sign in, get your parking pass, your nametag and t-shirt. You need to present some form of ID. You will be receiving a T-shirt in order to identify you as part of the SOLCIOE team. Please display the parking pass on the dashboard of your vehicle.
2. Please dress warm the ice will be up. Wear dark navy or black pants. A volunteer shirt will be provided at the screening.
3. Continental breakfast and lunch will be provided.
4. Please do not bring anything of value in with you. We do not have a place to store personals.
5. Students please bring your diagnostic set (if you have one) with you and charged. Make sure your equipment is marked with your name.
6. United Center is at 1901 W. Madison Street, Chicago

Parking is secured to all volunteers in United Center Parking Lot "K". Please park in the

east end of parking lot "K" only. Please enter through Gate 6.
If you cannot find a ride to the screening or if you have any other questions please call me at 815-577-6410.

Thanks,
Melissa Sigler, O.D., SOLCIOE Director

Mainos Memos

If you are reading this Focal Point online, all of the links below should be live. Just click on the URL to obtain additional information.

Dr. Maino to Sing at the Chicago Lyric!

Actually, that's not completely true. I will be singing with those who have sung at the Chicago Lyric Opera, the New York Metropolitan and other operatic venues around the world. In this particular instance, I will be the individual in the middle of all the other tenors in the chorus. The *real* talent will include Maire O'Brien, Kirsten Leslie, Jean Marie Garofolo, Katherine Kahrmann, Sopranos; Lauren Curnow, Mezzo-soprano; John Concepcion, Tenor and Paul Radulescu, Baritone.

Even if you don't like opera....you will like this opera because it features all those solos, duets, and choral parts you hear every day in the movies and on television. (Think the *Torreadore* song from Bizet's Carmen)

When: Friday September 25th @ 8 pm

Where: St. Benedict Church, 2215 W. Irving Park Rd, Chicago, IL

Call (773)775-8791 or email bmazzone860@aol.com to reserve tickets. If you reserve before Sept. 23rd Adults are \$15, students \$12 otherwise \$20 at the door

Hope to see you all there!

All About Autism

Optometry & Vision Development volume 40 #3 is all about autism all the time. If you've ever examined anyone with autism, I know you probably wished you knew more about this disorder than you do. Not only that, but faculty members Maino and Donati have written articles in this issue as well! (And you always read articles written by your faculty, right?!). Click on the author's names to go to the online free open access journal and article:

Maino DM, Viola, SG, Donati R. The Etiology of Autism. *Optom Vis Dev* 2009;(40)3:150-156.

Viola SG, Maino DM. Brain anatomy, electrophysiology and visual function/perception in children within the autism spectrum disorder. *Optom Vis Dev* 2009;40(3):157-163.

Coulter RA. Serving the needs of the patient with autism. *Optom Vis Dev* 009;40(3):136-140.

Coulter RA. Understanding the visual symptoms of individuals with autism spectrum disorder (ASD). *Optom Vis Dev* 2009;40(3):164-175.

Press LJ, Richman J. The role of optometry in early identification of autism spectrum disorders. *Optom Vis Dev* 2009;40(3):141-149.

Torgerson NG. Insights into optometric evaluations of patients on the autism spectrum. *Optom Vis Dev* 2009;40(3):176-183.

Autism Frontiers: Clinical Issues and Innovations

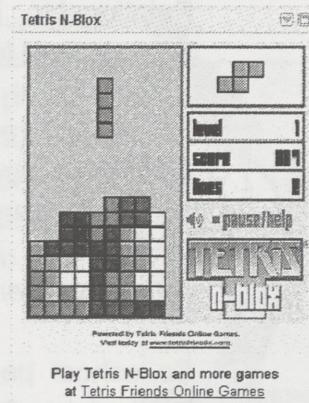
Book Review by Dominick M. Maino, OD, MEd, FAAO, FCOVD-A

Brain Improvement

Will Playing Tetris Benefit The Brain?

Brain imaging shows playing Tetris leads to a thicker cortex and may also increase brain efficiency, according to research published in the open access journal BMC Research Notes. A research team based in New Mexico is one of the first to investigate the effects of practice in the brain using two image techniques.

(Now you can play games to get smarter!!)



Exotropia

Surgical Management of Childhood Intermittent Exotropia

...Intermittent exotropia is a common form of strabismus presenting in childhood. While nonsurgical management is appropriate in many cases, surgical correction is a mainstay of therapy. Specific procedures may be based on classification of the exotropia or surgeon preference. While by most estimates more than half of patients are corrected with one procedure, the need for additional surgery is not uncommon. Careful patient selection, parental input and education, and appropriate preoperative management can result in both cosmetic and functional improvement and a high rate of satisfaction. ...

So let me get this straight...almost 50% need a second surgery? Why would you want to have the first one with that kind of outcome? Don't get me wrong....will recommend surgical intervention from time to time....but only after optometric vision therapy. At least the outcomes can be better!

Refractive Error and Development

Correcting poor vision can help preschoolers' performance

Science Centric (11 Feb 2008 22:01 GMT) - Preschoolers with poor vision have lower scores in developmental testing indicative of success in school performance, but those scores improve significantly within six weeks when the children are given prescription glasses, according to a new study by the University of California, San Diego School of Medicine... [full story]

What we do every day is very important. The refractive care we give is vital for patient success. Never underestimate the power of a pair of spectacles and what they can do for our patients.

Down Syndrome

Bifocals in Down Syndrome Study (BiDS): design and baseline visual function.

...This study confirms previous findings of a high prevalence of reduced accommodation and shows that near VA is reduced compared to distance VA. The present results indicate that all subjects might benefit from bifocals....

All individuals with Down Syndrome no matter the age **WILL** benefit from bifocals.

Accommodation, Vergences and School Achievement

Relationship between accommodative and vergence dysfunctions and academic achievement for primary school children.

...The results showed that 82 of 114 (71.9%) of criteria-eligible symptomatic primary school children had non-strabismic accommodative and/or vergence dysfunctions. In addition, a significant relationship was found between these dysfunctions and academic scores in every academic area (reading, mathematics, social science and science) in the total sample. Therefore, accommodative and vergence functions should be tested for all school children who have visual symptoms and/or academic difficulties....

So school performance DOES have something to do with vision?! Ophthalmology? Pediatricians? Are you listening?

Wright Camera Club

Interested in photography? The Wright Camera Club (<http://www.wrightcameraclub.com>) meets 1st Monday of the month at 7PM. Visit the webpage for more information or contact Dr. Maino.

Mainos Memos is a blog dedicated to research in the area of children and special populations. Go to <http://www.MainosMemos.blogspot.com> for more information.

Classifieds

NEW Student Affairs Office

The S.A.O. has work study openings on Tuesday and Thursday afternoons. Duties include greeting applicants, conducting campus tours, and various clerical and computer projects. Students must dress in clinic attire. If interested please contact Sharon Uher at x7405. If she is not available contact Teisha Johnson at x7407.

Scholarships

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

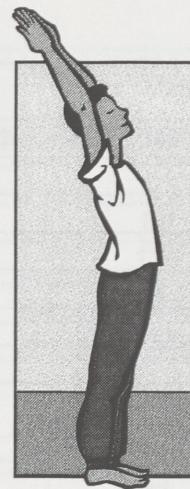
| Scholarship | Who's Eligible | Amount | Deadline |
|--|--|--|-------------------------|
| Acorn Equality Fund | <ul style="list-style-type: none">• GLBT, allies or children of GLBT• Live in IL except , Cook, DuPage, Grundy, Kane, Kendall, Lake, McHenry and Will | \$1,000 to \$4,000 | October 9, 2009 |
| Alcon – 4th Year Optometry Student 2010 Case Study Award | <ul style="list-style-type: none">• 4th Year Students• Write a case report | \$1,000, overall national award winner will receive additional \$5,000 | January 31, 2010 |

The Student Affairs Office has more information, so stop by and check it out

Fitness Corner

September is Yoga Month

September is Yoga month and the perfect time to give yoga a try. Whether you're trying it for the first time or are an experienced yogi looking to deepen your practice, there's never been a more opportune time to practice yoga. Combine posture and breath control in a series used to still the mind and boost energy. All equipment is provided and ALL levels of flexibility are encouraged to attend. Also, check the Fitness page of the View and the bulletin board outside of the gym for Yoga events around the city.



Fall Group Exercise Classes Are On!

Did you know that ICO offers tons of group exercise classes? Well, the fall group exercise classes have begun. Why not give one a try.

| Monday | Tuesday = Massage Day | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| Bootcamp 11:45am-12:30pm Danielle N./Shirmel | | | Pilates 11am-12pm Shirmel | |
| Ab Blast 12:30-12:45pm Danielle N./Shirmel | Indoor Cycle 12-12:45pm Kristine L./Shirmel | W.O.W (preregistration required) 12:30 - 1:30pm Danielle N. | Step 12 - 12:45pm Kristine L. | W.O.W (preregistration required) 11:-11:45am Danielle N. |
| W.O.W (preregistration required) 1-2pm Shirmel | Pilates 1-2pm Shirmel | | Ab Blast 12:45-1pm Kristine L. | |
| Hatha Yoga 5:15-6pm Dr. Z | | Bootcamp 6:15-7pm Danielle N. | | |
| Step 6-7pm Kristine L. | Bellydancing 6-7pm Cherie N. | Ab Blast 7-7:15pm Danielle N. | Indoor Cycle 6:15-7:15pm Kristine L. | |

Note: Classes with low attendance may be cancelled and/or replaced. Check the Fitness Page of the View for the most up-to-date schedule.

Student Club/Leader List for 2009 - 2010

| Club | Position | Name | Box |
|---|---|-----------------------|-----|
| Student Association | | | |
| | President | Tommy Elton | 36 |
| | President-Elect | Erik Mothersbaugh | 214 |
| | Immediate Past-President | Courtney Krohn | 564 |
| | Secretary | Doan Huynh | 176 |
| | Treasurer | Lauren Curosh | 149 |
| | Director of Community Service | Annie Yeh | 724 |
| | Director-Elect of Community Service | Rahi Saiyed | 238 |
| | 1st Year Community Service Representative | Amreen Farooqi | 343 |
| | Director of Notetaking | Beth Knighton | 6 |
| | Director-Elect of Notetaking Service | Jamie St. Martin | 252 |
| | Director of Intramural Sports | Brandon Lernor | 204 |
| | Head RA | Keri Nebelsick | 99 |
| | 4th Year Class Rep. | Ruheen Dhalla | 521 |
| | 4th Year Class Rep. | Efren Gomez | 536 |
| | 3rd year Class Rep. | Jennifer Specht | 698 |
| | 3rd year Class Rep. | Jackie Saltee | 681 |
| | 2nd year Class Rep. | Eric Coy | 148 |
| | 2nd year Class Rep. | Eric Woo | 281 |
| | 1st year Class Rep | Danny Nguyen | 398 |
| | 1st year Class Rep | Brittany McMurren | 382 |
| | AOSA Trustee | Roman Gerber | 44 |
| | AOSA Trustee-Elect | Bart Higley | 172 |
| | Immediate Past-President | Courtney Krohn | 564 |
| American Academy of Optometry Students | | | |
| | President | Jason Barnes | 490 |
| | Vice President | Melissa Liepins | 83 |
| | Secretary | Doan Huynh | 176 |
| | Treasurer | Christopher Diehl | 33 |
| | 3rd Year Class Rep | Noha Seif | 687 |
| | | Cherie Nau | 98 |
| | 2nd Year Class Rep | TBA | |
| | Public Relations | Fred Collison | 512 |
| | 1st Year Class Rep | TBA | |
| | Faculty Advisor | Dr Mary Flynn Roberts | |
| American Optometric Student Assoc. | | | |
| | Trustee-Elect | Bart Higley | 172 |
| | Trustee | Roman Gerber | 44 |
| | 1st Year Rep. | TBA | |
| | 1st Year Rep. | TBA | |

| | | | |
|--------------------------------------|---------------|------------------|-----|
| American Public Health Assoc. | Local Liaison | Krystina Eubanks | 154 |
|--------------------------------------|---------------|------------------|-----|

Beta Sigma Kappa Honorary Society (BSK)

| | | |
|-----------------|---------------------|-----|
| President | Wilson Lee | 80 |
| Vice President | Stefanie Ratermann | 120 |
| Secretary | Noha Seif | 687 |
| Treasurer | Amanda Schuster | 685 |
| Faculty Advisor | Dr. Andria M. Pihos | |

| | | | |
|----------------------|-----------------|-------------------|----|
| Canadian Club | Prime Minister | Christine Misener | 93 |
| | Prime Minister | Justine Fung | 41 |
| | Faculty Advisor | Dr. Zoltoski | |

Contact Lens Society

| | | |
|------------------------|------------------|-----|
| President | Noha Seif | 687 |
| Vice President | Jasleen Mahil | 88 |
| Secretary | Jill Bert | 9 |
| Treasurer | Jessica Dennis | 32 |
| Public Relations Chair | Alan Jin | 59 |
| Lunch & Learn | Laura Talianu | 705 |
| Lunch & Learn | Chelsea Lizik | 86 |
| Lunch & Learn | Joanne Beyer | 10 |
| Lunch & Learn | Samantha Vaassen | 715 |
| Workshop | Sarah Rowe | 25 |
| Workshop | Deanna Khalil | 66 |
| Faculty Advisor | Dr. Renee Reeder | |

College of Vision Development Extension Prog (COVD)

| | | |
|-----------------|-----------------------|-----|
| COVD Liaison | Noha Seif | 687 |
| Faculty Advisor | Dr. Christine Allison | |

Fellowship for Christian Optometrists

| | | |
|-------------------|--------------------------------|----------|
| President | Beth Knighton | 6 |
| President Elect | Craig Keller | 63 |
| Secretary | Jackie Saltee | 681 |
| Treasurer | Amanda Schuster | 685 |
| Membership | Nick Lillie, Keri Nebelsick | 84 99 |
| Mission Chair | Rebecca Swartzentruber | 48 |
| Community Service | Danielle Posthuma | 229 |
| Public Relations | Rebecca Swartzentruber | 48 |
| Public Relations | Anisha Jacob | 177 |
| Prayer | Eric Abrott | 1 |
| Faculty Advisor | Dr. Kelly Frantz | |

Gold Key Honorary Society

| | |
|---------------------|-----|
| Tiffany Andzejewski | 483 |
| Michelle Crist | 649 |
| Niki Henriksen | 546 |
| Courtney Krohn | 564 |
| Lindsay Sicks | 620 |
| Susan Ung | 642 |

ICO Mentors & Tutors

| | | |
|-----------------|------------------------|----|
| Drake Liaison | Rebecca Swartzentruber | 48 |
| Faculty Advisor | Beth Karmis | |

ICO Omega Leo Club

| | | |
|-----------------|----------------|-----|
| President | Melissa Bussey | 17 |
| President Elect | Tamscot Yap | 282 |
| Secretary | Michael Tran | 267 |
| Treasurer | Alexandra Troy | 270 |
| Student Liaison | Mark Burke | 503 |
| First Year Reps | TBD | |

Multicultural Club

| | | |
|---------------------------------|-----------------------|-----|
| President | Annie Yeh? | 724 |
| Vice President | Christine Le | 76 |
| Secretary | Sarah Fong | 40 |
| Treasurer | Mary Burgos | 15 |
| Events Coordinator | Jasmine Nguyen | 217 |
| | Linda Hur | 174 |
| Public Relations | Janice Kim | 120 |
| | Liah Na | |
| Faculty Liaison | Nancy Chong | 23 |
| 3rd Year Class Representatives | Amit Bhambri | 11 |
| | Nikul Patel | 109 |
| | Mani Chhibba | 21 |
| | Christine Chang | 20 |
| 2nd Year Class Representative | Nivya Chandrasekharan | 140 |
| First Year Class Representative | TBA | |
| Fundraising Chair | TBA | |

Muslim Student Association

| | | |
|----------------|---------------|----|
| President | Deanna Khalil | 66 |
| Vice President | Sadia Afreen | 2 |

National Optometric Student Association (NOSA)

| | | |
|-------------------|------------------------|-----|
| President | Karina Nikogosian | 103 |
| Vice President | Nivya Chandrasekharan | 140 |
| Secretary | Marisha Spence-Roberts | 249 |
| Treasurer | Naghmeh Thompson | 265 |
| 3rd year reps | | |
| Fundraising Chair | Jeffery Lewis | 82 |
| Fundraising Chair | Sadia Afreen | 2 |

Private Practice Club

| | | |
|----------------|-----------------|-----|
| President | Melissa Liepins | 83 |
| Vice President | Jeff Chou | 146 |
| Secretary | Jennifer Specht | 698 |
| Treasurer | Jennifer Winn | 721 |

RC Staff

| | | |
|-----------------------|-------------------|-----|
| Head Resident Assist. | Keri Nebelsick | 99 |
| 1st Floor RA | Jason Hutchinson | 175 |
| 2nd Floor RA | Erik Mothersbaugh | 214 |
| 3rd Floor RA | Ryan Sacksteder | 236 |
| RC Programming Coord | Margaret Wulan | 722 |
| Applicant Host Coord | Melissa Bussey | 17 |
| IS Help Desk | Eric Woo | 281 |

Student Volunteers in Optometric Service to Humanity (SVOSH)

| | | |
|----------------------|-------------------|-----|
| President | Katie Loughrin | 49 |
| President-Elect | Luann Laming | 195 |
| Secretary | Christine Misener | 93 |
| Treasurer | Alysha Suleman | 702 |
| Fundraising Chair | Marie Schaefer | 683 |
| Letter Writing Chair | Sarah Rowe | 25 |
| Local Mission Chair | Beth Knighton | 6 |
| Local Mission Chair | Danielle Posthuma | 229 |
| 3rd Year Rep. | Anna Birgin | 12 |
| 3rd Year Rep. | Louis Lee | 79 |
| 2nd Year Rep. | Rachel Thelen | 263 |
| 2nd Year Rep. | Audra Sexton | 255 |
| 1st Year Rep. | TBD | |
| 1st Year Rep. | TBD | |
| Past President | Michelle Crist | 649 |
| Faculty Advisor | Tracy Matchinski | |

Tomb & Key Honorary Society

| | | |
|-------------------------|-----------------------|-----------------------|
| President | Lenna Go | 535 |
| Vice President | Katherine Stola | 626 |
| Secretary | Melissa Liepins | 83 |
| Treasurer | Anne Eng | 528 |
| Sergeant of Arms | Kaiser Shen | 618 |
| Keeper of the Archives | Sarah Fong | 40 |
| | | |
| Yearbook 2009/10 | Representative | Courtney Krohn |
| | | |
| New O.D. | Liaison | Tommy Elton |
| | | |



Focal Point

C A M P U S N E W S

ICO's 5th Annual Casino Night a Success!

On Friday, September 25, 2009, ICO's Student Association hosted its 5th annual fundraiser for the Student Association Scholarship. This year's Casino Night gave students a chance to unwind after a long week of exams with fun games, food and raffle prizes – all for a good cause! Some got lucky... others did not... but a great time was had by all who attended! After all, when the event supports a student scholarship everyone is a winner! High points included a couple students cleaning out "the house" in Hi/Low, overwhelmingly large participation in Keno, and an impressive performance by Bryant Anderson at the

"Just before the death of flowers,
And before they are buried in snow,
There comes a festival season
When nature is all aglow."

- Author Unknown

poker table!



I would like to thank Dr. Pamela Lowe of Professional Eyecare for her generous donation of raffle prizes toward our event.

Also, thanks go out to Jack Ruppaner, Dr. Zoltoski, Dr. Block, Anthony Barone and Bryant Anderson for their support of the event. Their contributions toward the SA Scholarship made a big difference in the success of our fundraiser, and their support of the students is greatly appreciated.

A very special thank you goes out to the Student Association board and to the 21 other students who offered their volunteer service towards the event (and in turn the SA Scholarship), working as dealers and pit bosses. Sincerely, this event would not have been possible without their enthusiasm and hard work.

Erik J. Mothersbaugh

President-Elect, ICO Student Association

Boo Bash

Get your costumes ready!

Boo Bash, ICO's annual Halloween party, is coming up on Saturday, October 24 from 9 pm-midnight at McFadden's! Start thinking about your costumes because there will be prizes for the best!

Jen Specht



International Missions Interest Meeting

Are you interested in using your eyecare skills to serve others in need? Come to Room 3525 (3rd Floor) on Tuesday October 6, 2009 at 6 pm for an introductory interest meeting and learn how you might be able to serve others abroad this February break week!



Fellowship of Christian Optometrists will be sending one team of students to Gressier, Haiti and one team to Tegucigalpa, Honduras. We would love for you to join us in this adventure! It will be a mission experience of a lifetime. These trips will be open to all students of all years! Refreshments will be served at the meeting. Hope to see you there! Contact Rebecca Swartzentruber (rswartzentruber@eyedoc.ico.edu) for more information.

Spotlight on the Library

by Jeff Proehl, Information Systems Librarian and
Theresa Ciupinski, Library Clerk



Studying For Part II Boards

Boards Part II is steadily approaching and these books may help! In addition to the NBEO books on reserve, check out these ophthalmology board review books. For most of these, the most recent version is on reserve and can be checked out for a week. The older editions are in the stacks and may be checked out for four weeks. Titles include:

- *Review Questions in Ophthalmology: a Question and Answer Book* by Chern (RE49.C5)
- *Massachusetts Eye and Ear Infirmary Review Manual for Ophthalmology* (RE49.L3) *Kanski's Ophthalmology in Focus* (RE49.K3593)
- *Kanski's Clinical Ophthalmology: a Test Yourself Atlas* (RE49.K28).

Helpful websites include the Harvard Digital Journal of Ophthalmology (<http://www.djo.harvard.edu/>), the University of Manitoba Ophthalmology Internet Tutorial at (<http://umanitoba.ca/faculties/medicine/units/ophthalmology/>) and the RED Atlas (Recognizing Eye Disease: a Visual Review of Ophthalmic Disorders) at (<http://redatlas.org>). All have practice test questions covering various eye diseases.

New Poster in the Library

Come see the new poster "Outcome Study of Low Vision Device Usage in Students with Impaired Vision in a School Setting" by Drs. Ramona Baumfalk and Walter M. Jay in the Library Lobby. Please direct all questions to the authors.

Journals, Magazines and Newspapers

The Library keeps its most recent issues of journals and magazines on display on the first floor. The older magazines and journals are shelved on the second floor. They are arranged alphabetically by their full title, such as *Journal of the American Optometric Association*, so "of" and "the" count in their ordering. A few journals are known officially by their acronyms, so *JAMA* for instance is under "jama" not *Journal of the...*

The most recent newspapers are kept on racks on the second floor. The Library subscribes to the week day issues of *The Wall Street Journal*, *The Chicago Tribune*, and *The Chicago Sun-Times*.

Magazines, newspapers and journals, including bound volumes, may be checked out for 24 hours, and renewed as needed.

Interlibrary Loan and Purchase Requests

If you need an article, book, CD or other publication, we would be happy to get it for you on interlibrary loan. The ICO Library is a member of several library groups, including the international Association of Vision Science Libraries, ILLINET (a consortium of Illinois libraries), and OCLC (a world wide organization for sharing library materials) We also welcome requests for purchasing new books, magazines, videos and other materials. We try to buy everything that has to do with eyes or vision, or other materials if they would benefit students and faculty.

Student Laptops

Laptop computers are available (behind the media circulation desk) for students to check out. The computers do not have wireless internet capabilities but can be manually plugged into the network on campus. Students can also check out Ethernet cords for this purpose. All laptops can be checked out for 24 hours.

New Books

The Library's new book shelves are located across from the first floor Ricoh printer/photocopier/scanner near the restrooms. Some of the new books for September include:

Color Ordered: A Survey of Color Ordered Systems from Antiquity to the Present, by Rolf G. Kuehni and Andreas Schwarz. QP483.K82 2008

Surgical Atlas of Orbital Diseases, edited by Subrahmanyam Mallajosyula. RE711.S87 2009

Manual of Neuro-Ophthalmology, by Amar Agarwal and Athiya Agarwal. RE725.A53 2009

Parking

IEI main outdoor parking lot on Michigan Avenue is reserved only for patients of the IEI. The Circle Drive on Indiana Avenue is reserved for visitor's only. If you use our indoor parking facility a parking tag must be displayed on your rear view mirror. Violators will be issued a citation. Thank you for your co-operation.



Tech Tips

Free Comprehensive handheld drug guide for Palm, Windows Mobile, iPhone and BlackBerry

To download, go to www.epocrates.com

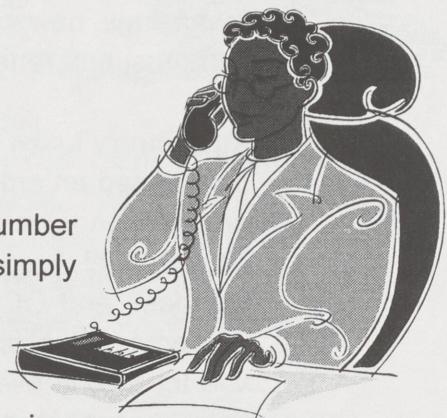
ICO Phone Tips:

ICO Phone directory Web page

<http://twp.ico.edu>

Express Messaging (allows you to send a message without having to call the person)

1. Dial the Express Messaging number, 7576.
2. Enter the mailbox number (phone extension) of the person you are calling followed by #.
3. After the prompt and tone, record your message.
4. Press release to disconnect or hang up.



Log on/Access your mailbox

1. Dial the CallPilot number, 7575.
2. Dial your mailbox number followed by #. (mailbox number is same as your extension #) or if at your phone simply press #.
3. Dial your password followed by #. Your temporary password is 55xxxx (xxxx = your extension #), which you will be forced to change on when you log in for the first time. Your password must be 5 digits. **** The password can't be a trivial password (i.e. 12345, 22222, 45678, etc.)**

NOTE: To log on from outside the campus: dial 312-949-7575, and enter the above information. After 9 invalid log in attempts your mailbox will be disabled and the system will tell you to contact the system administrator.

Forwarding Messages

1. After listening to a message, press 73 to forward.
2. Enter the mailbox number or distribution list to which you want to forward the message, then enter #. Repeat this for any other mailboxes or distribution lists. End by pressing #.
3. To record an introduction, press 5, wait for the tone, then speak. End the recording by pressing #.
4. To send the message, press 79.

Temporary Absence Greeting (TAG)

The TAG greeting allows you to record and schedule a temporary greeting to be heard while you are out of the office. This greeting provides a special alert if callers try to bypass it. The greeting can be scheduled to end at a specific date and time (the system then reverts to your normal greeting).

1. Access your mailbox.
2. Press 82.
3. Press 3, for the Temporary greeting.
4. Press 5, after the tone record your temporary greeting, press #, when completed.
5. Press 76, to delete and re-recorded the message.
6. Press 9, to set the expiry (expiration) date/time and follow the prompts. If you do not set an expiry date, you will have to delete the temporary greeting.
7. Press 2, to review the greeting.

Don't Get Sick!

ICO/IEI Seasonal and H1N1 Flu Preparation Update

Michael R Butz, MBA, Director – Quality Improvement

As you are aware this year's flu bugs are expected to be more aggressive and virulent than in years past. In particular, CDC and public health officials are anticipating the H1N1 (Swine Flu) virus to penetrate deeply into the population. Schools, due to their community atmosphere, are always excellent breeding grounds for spread of the flu virus. Health care facilities are historically also burdened with higher rates of infection. Here at ICO/IEI we have both to contend with! But it doesn't have to be...

I am working closely with Beth Karmis and others to prepare our school and clinic community to limit the impact of the flu this fall and winter. Much of this has been already communicated to you, but some reminders:

Wash your hands. Wash your hands regularly throughout the day. If you are treating patients it is imperative that you wash your hands before and after patient contact. This should be done regardless of worry about the flu...it is the single most effective way to reduce the spread of infection and is expected of our care givers, student and doctor.

- Wash your hands with hot water and lots of soap.
- Sing Happy Birthday to Me two times and you've washed for the proper amount of time.



Use hand sanitizer. When you cannot wash your hands you can use the waterless soap, hand sanitizer in dispensers around the building. We will be installing 24 additional dispensers around campus in the next week. Use them.

- You can use hand sanitizer up to four times before you need to wash with soap and water Again for full protection.
- Allow your hands to air dry...it is the drying process that kills the germs.

Cough into your elbow or (or a Kleenex), not your hand. With apologies to my Romanian wife, this is called the "Dracula Cough". When we cough into our hands we then easily transfer the germs onto whatever we next touch. Instead of this habitual way of covering your cough, cough into the crook of your arm or a Kleenex. This way germs are far less likely to be transferred. Plus, you'll look scary and imposing doing it.

If you are sick with a 100°+ fever, stay away from campus. This is mandatory. Students, staff, faculty...everyone...you are not to return to campus until 24 hours after your fever breaks. Notify your professor, attending, supervisor, boss, etc...but please do not come to campus and potentially infect others. Seek medical treatment if your condition worsens, or contact ACCESS at IEI at x7770.

Flu vaccinations. ICO/IEI contracts with ACCESS at IEI to provide flu vaccinations to all those who so desire them. We strongly urge all members of our community to be vaccinated against the regular flu and the H1N1 flu viruses. We tentatively plan to offer the vaccine during the week of October 12th.

Please watch your email for details on vaccinations coming in the weeks ahead.

Take the Flu Seriously this Year and Protect yourself and Others

Mainos Memos

Maino's Memos contains the latest research and information about eye and vision care of children, developmental disabilities, Traumatic/Acquired Brain Injury and other topics of interest. Please note that if you are reading this online, all links should be active.

Justice with Michael Sandel: Increase Your Brain Power

Try taking this course. It consists of very provocative social and ethical concerns....It's taught by Michael Sandel who is the Anne T. and Robert M. Bass Professor of Government at Harvard. His courses are famous and cover controversial topics like:

THE MORAL SIDE OF MURDER

THE CASE FOR CANNIBALISM

PUTTING A PRICE TAG ON LIFE

HOW TO MEASURE PLEASURE

and more! (Check it out at

http://justiceharvard.org/index.php?option=com_content&view=category&layout=blog&id=9&Itemid=5)

Expand your brain....think serious thoughts....have reasonable reasons for your beliefs....

New Study Shows Mobile Infants Have Established Neural Pathways To See Looming Danger

...Do infants only start to crawl once they are physically able to see danger coming? Or is it that because they are more mobile, they develop the ability to sense looming danger? According to Ruud van der Weel and Audrey van der Meer, from the Norwegian University of Science and Technology in Trondheim, infants' ability to see whether an object is approaching on a direct collision course, and when it is likely to collide, develops around the time they become more mobile. Their findings have just been published online in the Springer journal Naturwissenschaften....

<http://www.medicalnewstoday.com/articles/165281.php>

Comments: Infants know more, do more and see more than what you may now believe. Read this story for more information.

Perceptual Learning Relies On Local Motion Signals To Learn Global Motion

...Researchers have long known of the brain's ability to learn based on visual motion input, and a recent study has uncovered more insight into where the learning occurs....

Comments: In a recent paper, (Maino D. Neuroplasticity: Teaching an Old Brain New Tricks. Rev Optom 2009; 46(1):62-64,66-70.

<http://www.revoptom.com/index.asp?ArticleType=SiteSpec&page=osc/106025/lesson.htm>), I noted that for neuroplasticity to occur you needed something that was new or novel and you also needed a motor component. This paper supports the role that motor activities play in learning.

Cracking The Brain's Numerical Code

...By carefully observing and analyzing the pattern of activity in the brain, researchers have found that they can tell what number a person has just seen. They can similarly tell how many dots a person has been presented with...

<http://www.medicalnewstoday.com/articles/165261.php>

Comments: After reading this article.....you also want to check out these articles from Optometry & Vision Development...

Subitizing and Visual Counting in Children with Problems in Acquiring Basic Arithmetic Skills, by Burkhardt Fischer, Dipl. Phys., Christine Gebhardt, Dipl. Phys., and Klaus Hartnegg, Dipl. Phys.

Effects of Daily Practice on Subitizing, Visual Counting, and Basic Arithmetic Skills by Burkhardt Fischer, Dipl. Phys., Christine Gebhardt, Dipl. Phys., and Klaus Hartnegg, Dipl. Phys.

Grapes, Wines, Resveratrol and Heart Health

...The purpose of this review is to provide evidence that grapes and wines as well as resveratrol are equally important in reducing the risk of morbidity and mortality due to cardiovascular complications. Both wines and grapes can attenuate cardiac diseases such as atherosclerosis and ischemic heart disease. Recently, wine was also found to increase life span by inducing longevity genes. It appears that resveratrol and proanthocyanidins, especially resveratrol, present in grapes and wines play a crucial role in cardioprotective abilities of grapes and wines....

Comments: I've recently acquired a taste for red wine....Very good, inexpensive wines can now be found on any grocery shelf in the US....if you like wine like I do....now you even have more reasons to have a sip with dinner! There is a big Italian Fall Festival at the Casa Italia in Stone Park, IL (10/3-4/09) I may be learning how to make wine....after I learn how to squish the grapes by stomping on them!

And finally...

10 Do's and Don'ts to Protect Yourself From Swine Flu
(<http://www.usnews.com/listings/avoiding-swine-flu/10-dos-and-donts-to-protect-yourself-from-swine-flu>)

Mainos Memos can be found at <http://mainosmemos.blogspot.com/> . Drop by often for the latest research covering a wide variety of topics.

Hotel Reservations

4th Year Students



I know you think it is early, but have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP. That is a very busy weekend in Chicago because of the restaurant convention. Many hotels, especially in the downtown area, book up VERY early. Last year many students were able to reserve rooms in hotels in the Midway airport area.

Scholarships

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

| Scholarship | Who's Eligible | Amount | Deadline |
|--|---|--|---|
| Acorn Equality Fund | <ul style="list-style-type: none"> GLBT, allies or children of GLBT Live in IL except , Cook, DuPage, Grundy, Kane, Kendall, Lake, McHenry and Will | \$1,000 to \$4,000 | October 9, 2009 |
| The 2010 Dr. Seymour Galina Grant | <ul style="list-style-type: none"> Third Year Student Good academic standing Submit a paper | \$2,500 | To Student Affairs by January 11, 2010 (submit with W-9 form) |
| 2010 InfantSEE® Scholarship Grant, sponsored by Vision West, Inc. | <ul style="list-style-type: none"> Third Year Student Good academic standing Submit a paper | \$2,500 | To Student Affairs by January 11, 2010 (submit with W-9 form) |
| Alcon – 4th Year Optometry Student 2010 Case Study Award | <ul style="list-style-type: none"> 4th Year Students Write a case report | \$1,000, overall national award winner will receive additional \$5,000 | January 31, 2010 |

The Student Affairs Office has more information, so stop by and check it out

Fitness Corner

| Monday | Tuesday = Massage Day | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| Bootcamp 11:45am-12:30pm Danielle N./Shirmel | | | Pilates 11am-12pm Shirmel | |
| Ab Blast 12:30-12:45pm Danielle N./Shirmel | Indoor Cycle 12-12:45pm Kristine L./Shirmel | W.O.W (preregistration required) 12:30 - 1:30pm Danielle N. | Step 12 - 12:45pm Kristine L. | W.O.W (preregistration required) 11-11:45am Danielle N. |
| W.O.W (preregistration required), 1-2pm Shirmel | Pilates 1-2pm Shirmel | | Ab Blast 12:45-1pm Kristine L. | |
| Hatha Yoga 5:15-6pm Dr. Z | | Bootcamp 6:15-7pm Danielle N. | | |
| Step 6-7pm Kristine L. | Bellydancing 6-7pm Cherie N. | Ab Blast 7-7:15pm Danielle N. | Indoor Cycle 6:15-7:15pm Kristine L. | |

Note: Classes with low attendance may be cancelled and/or replaced. Check the Fitness Page of the View for the most up-to-date schedule.



Focal Point

C A M P U S N E W S



Spotlight on the Library

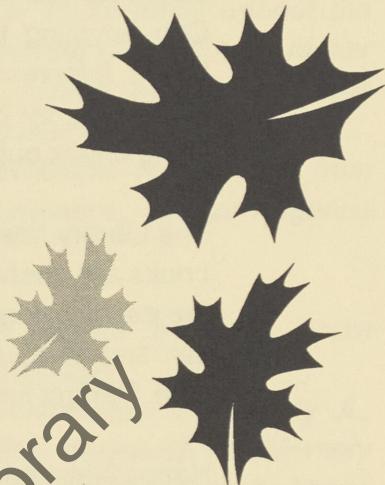
by Jeff Proehl, Information Systems Librarian and
Theresa Ciupinski, Library Clerk

Accessing Full Text Journal Articles from Off Campus

Go to the library off campus website: <http://library.ico.edu>
Click on "Online Catalog"

In the top right corner, put your login and pin:

(Please contact a fulltime library staff member to obtain your login and pin. This information also allows you to book equipment and rooms, renew your own library materials, and place holds on items currently checked out.)



Search for VisionCite articles. All VisionCite articles are in the Library but not all are online. If you find one you like, click on the GetIt@ICO button. The computer should ask for the User ID and Password, which you should have received last week, in an email titled "Fulltext Articles Off Campus". The username and password can also be obtained by contacting any fulltime library staff member.

While searching for articles you may notice the new look of PubMed, for more information on the latest version consult this website:
<http://www.nlm.nih.gov/bsd/disted/clinics/pmrrede09.html>.

National Medical Librarians Month

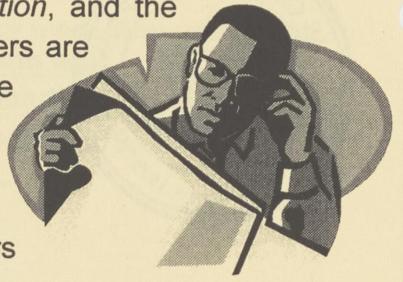
Please help us celebrate National Medical Librarians Month! MLA created the NMLM observance to raise awareness of the important role of the health information professional. Patients and those in the health care community need the specialized services that medical librarians provide now more than ever before. Please contact us if we can assist you in your research or information needs, or even in reading for pleasure. We're here to help you!

New Poster On Display

Stop by the library and check out the new poster on display in the lobby. "Adherence to Yearly Eye Exams Among Patients With Diabetic Retinopathy in a Low Income, Uninsured Population" by Wendy Haaland, OD and Janis Eckland Winters, OD Illinois College of Optometry. Please direct all inquiries to the authors.

News Sources

The Library subscribes to the paper versions of *Time*, *Newsweek*, the *Wall Street Journal*, the *Chicago Tribune*, the *Chronicle of Higher Education*, and the *Chicago Sun-Times* for local and national news. The newspapers are shelved on the eastern corner of the second floor. All but the latter are also available online as well as through the Library. Check EBSCO host or More Full Text Sources from the Library's website to get access to these sources, since the newspapers' and magazines' websites usually charge readers who want to read other than this week's articles.



Scary Reading

Can anything be more terrifying than strabismus and amblyopia? What about Anne Rice's *Interview with a Vampire* or Mary Higgins Clark's *Where Are the Children?* Or something by Stephen King? If the Chicago Marathon filled you with suspense, you could check out the *Marathon Runner's Handbook* by Bruce Fordyce.

The Library has a collection of donated books for your reading. The fiction and nonfiction books are shelved in the carrel by the first floor computer room and in a shelving area on the eastern corner of the second floor. They are organized by author's last name so you can find all your favorites. They can be checked out and renewed for four weeks at a time. Perfect for study breaks or dark and stormy nights!

Happy National Medical Librarians Month, good luck on finals and happy Halloween! We look forward to your haunting the Library!

Attention: Third Year Students

Please note – for planning purposes (haircuts, perms, etc.) Paul Studios will take graduation pictures on Tuesday and Wednesday, December 8 and 9, 2009 from 8 am to 4 pm. in the Gym. Reminders and sign-up sheets will be posted on the third year bulletin board during the first week of winter quarter.

Winning Photo

Congratulations to Rebecca Tudor, CRA, for being the co-winner of this year's Tech photo contest for the 2009 American Academy of Optometry meeting. This is the second year in a row that she has won the grand prize in this contest. The winning photo (proliferative diabetic retinopathy) will be published in an upcoming Review of Optometry Journal.



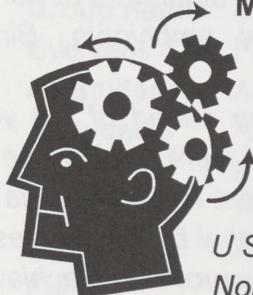
Mainos Memos

Maino's Memos contains the latest research and information about eye and vision care of children, developmental disabilities, Traumatic/Acquired Brain Injury and other topics of interest. Please note that if you are reading this online, all links should be active.

Academic Behaviors in Children with Convergence Insufficiency with and without Parent-Reported ADHD

Rouse M, Borsting E, Mitchell GL, Kulp MT, Scheiman M, Amster D, Coulter R, Fecho G, Gallaway M; The CITT Study Group Academic Behaviors in Children with Convergence Insufficiency with and without Parent-Reported ADHD Optom Vis Sci. 2009 Sep 7. [Epub ahead of print]

..... To determine if children with symptomatic Convergence Insufficiency without the presence of parent-reported Attention Deficit Hyperactivity Disorder (ADHD) have higher scores on the academic behavior survey (ABS). Children with symptomatic convergence insufficiency with parent report of no ADHD scored higher on the ABS.... Children with parent report of ADHD or related learning problems may benefit from comprehensive vision evaluation to assess for the presence of convergence insufficiency.



Memory enhancement in healthy older adults using a brain plasticity-based training program: a randomized

Mahncke HW, Connor BB, Appelman J, Ahsanuddin ON, Hardy JL, Wood RA, Joyce NM, Boniske T, Atkins SM, Merzenich MM. Memory enhancement in healthy older adults using a brain plasticity-based training program: a randomized, controlled study. Proc Natl Acad Sci U S A. 2006 Aug 15;103(33):12523-8. Epub 2006 Aug 3.

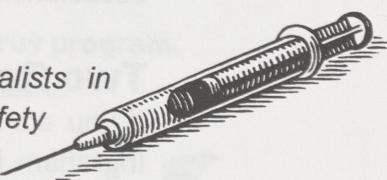
Normal aging is associated with progressive functional losses in perception, cognition, and memory. Although the root causes of age-related cognitive decline are incompletely understood, psychophysical and neuropsychological evidence suggests that a significant contribution stems from poorer signal-to-noise conditions and down-regulated neuromodulatory system function in older brains. Because the brain retains a lifelong capacity for plasticity and adaptive reorganization, dimensions of negative reorganization should be at least partially reversible through the use of an appropriately designed training program.This study demonstrates that intensive, plasticity-engaging training can result in an enhancement of cognitive function in normal mature adults.

Comments: You are never too old to learn new "stuff"! DM

No scientific link between childhood vaccines and autism

...A new article recently published in the Journal for Specialists in Pediatric Nursing explored vaccination history, vaccine safety monitoring systems in the U.S., and the two most publicized theoretical vaccine-related exposures associated with autism – the vaccine preservative thimerosal and the measles, mumps, and rubella (MMR) vaccine. A review of published research shows that there is not convincing scientific evidence supporting a relationship between vaccines and autism. The article is part of a special issue, which includes five articles focusing on the topic of autism....

Comments: You should probably be asking your patients if they plan to have the flu shot for themselves and their families. Please have them consult their family MD for



guidance. Many families I talk to are afraid of the flu shot because of a possible link to autism...or other side effects. The flu can be a deadly disease. It has killed thousands in the past. Counsel your patients wisely. DM
Now having said that...

Primate Study Links Mercury Vaccine Preservative to Brain Injury

...A new study in the leading scientific journal NeuroToxicology lends further credence to parents and scientists concerned about an increasingly aggressive childhood vaccine schedule and toxic vaccine components. A team led by researchers at the University of Pittsburgh found that infant macaque monkeys receiving a single Hepatitis B vaccine containing the mercury-based preservative thimerosal underwent significant delays in developing critical reflexes controlled by the brainstem. The infant macaques that did not receive vaccines developed normally....

Comments: There is very little evidence to suggest thimerosal causes autism. Remember this was done in monkeys....monkeys are not humans. Read this with an open but skeptical mind. DM

Long term vision outcomes of conventional treatment of strabismic and anisotropic functional amblyopia.

Garoufalidis P, Georgievski Z, Koklanis K. Long term vision outcomes of conventional treatment of strabismic and anisotropic functional amblyopia. Binocul Vis Strabismus Q. 2007;22(1):49-56.

Visual acuity was relatively stable over a mean follow-up period of 6.6 years. The treatment outcome and the success of amblyopia treatment were found to be irrelevant to long term stability of visual acuity. These findings suggest that amblyopia treatment mostly results in a lasting improvement in visual acuity, and that both unsuccessfully and successfully treated individuals maintain their visual acuity improvement achieved during treatment.

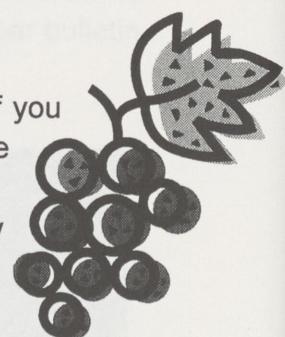
Comments: Treat amblyopia. You will be successful. The improvement lasts. DM

Al Primo Canto: Awesome Wine Tasting and Gourmet Experience

I don't usually mention food here...but this was an awesome experience. If you like great food and wine check out Al Primo Canto and tell Maria and George (owners and friends of mine) I said hello!

Mainos Memos can be found at <http://mainosmemos.blogspot.com/>. Drop by often for the latest research covering a wide variety of topics.

dmPhotoArt can be found at <http://www.dmPhotoArt.blogspot.net> Drop by occasionally for info on the local "culture" scene.



Two Residency Awards from AOF

If you are currently in a residency program you may be interested in the Terrance N. Ingraham Pediatric Optometry Residency Awards and Sheldon Wechsler and George Merz Contact Lens Residency Awards. Deadline for applications is December 1, 2009. Contact Tracy Kitts, Foundation Coordinator, at 301-984-4734 or AOF@aaoptom.org.

International Clinical Research Scholars Program

Would you like a unique chance to experience clinical research training in a developing country, working in an advance research center?

The Fogarty International Clinical Research Scholars Program offers a one-year clinical research training experience for doctoral-level U.S. students in the health professions. This is an opportunity for highly motivated individuals to experience mentored research training at top-ranked NIH-funded research centers in developing countries throughout Africa, Asia, South America, and the Caribbean. Each fellowship will be for a one-year period.

To learn more, please visit www.aamc.org/overseasfellowship, www.fogartyscholars.org. Applications are due December 3, 2009

Tech Tips

Ahmed Mohammad

Here are the most commonly use public groups in Novell GroupWise Novell address book.

| Group name | Group Members |
|-------------|--|
| Everyone | Faculty and staff only |
| All Student | All Students |
| 13students | All students graduating year 2013 |
| 12students | All students graduating year 2012 |
| 11students | All students graduating year 2011 |
| 10students | All students graduating year 2010 |
| Faculty | ICO faculty |
| Facilities | ICO Facility |
| RCEmail | RC residents |
| Support | ICO Information System technical support |

Save these website addresses in to your favorites.

ICO Phone directory web address: <http://twp.ico.edu>

(For Callpilot users only) Access your Voice mail and faxes online: <http://cpweb.ico.edu>

ICO email web address: <http://eyecare.ico.edu>

What's happening at ICO: <http://theview.ico.edu> and <http://www.ico.edu>

Weblink to download Free Antivirus program: AVG free Antivirus program.

<http://en.kiosked.net/telecharger/telecharger-64-avg-anti-virus-free-edition>

Boo Bash

Get your costumes ready!

Boo Bash, ICO's annual Halloween party, is coming up on Saturday, October 24 from 9 pm-midnight at McFadden's! Start thinking about your costumes because there will be prizes for the best!

Jen Specht



Scholarships

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

| Scholarship | Who's Eligible | Amount | Deadline |
|--|--|--|---|
| The 2010 Dr. Seymour Galina Grant | <ul style="list-style-type: none">• Third Year Student• Good academic standing• Submit a paper | \$2,500 | To Student Affairs by January 11, 2010 (submit with W-9 form) |
| 2010 InfantSEE® Scholarship Grant, sponsored by Vision West, Inc. | <ul style="list-style-type: none">• Third Year Student• Good academic standing• Submit a paper | \$2,500 | To Student Affairs by January 11, 2010 (submit with W-9 form) |
| Alcon – 4th Year Optometry Student 2010 Case Study Award | <ul style="list-style-type: none">• 4th Year Students• Write a case report | \$1,000, overall national award winner will receive additional \$5,000 | January 31, 2010 |

The Student Affairs Office has more information, so stop by and check it out

Fitness Corner

Happy Halloween!

So often Halloween is associated with loading up on candy until one feels like they are going to be sick. This year why not try some creative tips such as those listed below. Your tummy will thank you for it and everyone can participate regardless of dietary limitations.

Don't Trick With Treats

When the kids say Trick or Treat, don't "trick" them with raisins...nobody is ever fooled into thinking raisins are candy! Do give great, non-edible treats such as vampire teeth, mustaches, eye patches, removable tattoos, silly putty and costume jewelry. It's easy to load up at the dollar store!

Fun Weekend Event

Join Men's Health magazine for Urbanathlon. Participate or just watch the guys race through an obstacle course incorporating city landmarks and hurdles like monkey bars, climbing walls and crawling over parked taxis. Check out the community fitness calendar at the Fitness page of the View for more fun fitness activities. <http://theview.ico.edu/ics/Fitness/>

Note: Classes with low attendance may be cancelled and/or replaced. Check the Fitness Page of the View for the most up-to-date schedule.



Focal Point

C A M P U S N E W S

Spotlight on the Library

by Jeff Proehl, Information Systems Librarian and
Theresa Ciupinski, Library Clerk

Library hours for Thanksgiving

(check our website and sign for changes)

Friday, November 20 8:00 am-5:00 pm

Sat.-Sun., Nov 21-22 Closed

Mon.-Tues., Nov 23 - 24 8:00 am-5:00 pm

Wednesday, Nov 25 8:00 am-1:00 pm

Thu., - Sun., Nov 26 - 29 Closed

Mon, Nov 30- Normal hours resume

Library Poster Display

The latest poster on display in the library lobby is "Cotton Wool Spots Reveal Systemic Methotrexate Toxicity" by Stephanie Klemencic and Jane Ann Grogg. Remember to direct all questions to the author.

Reserve Books

Due to the long Thanksgiving Holiday, any reserve books checked out after 10:00 am on Wednesday, November 25 will not be due until 9:00 am on Mon., November 30, 2009.

State Journals

Feeling homesick? You can keep up on the latest in your home-state's optometric community by reading our state journals. Check out our holdings on the second floor to see if your state is one of our many subscriptions. Please ask a library staff member if you have any questions.

New Books

The Library's new book shelves are located across from the first floor Ricoh printer/photocopier/scanner near the restrooms. Some of the new books for November include:

Understanding Your Child's Mind: The Complete Kit of Tools and Tips, by Norman W. Jackson, ICO Alumni, Class of 1959. RE993.J33 2009



"The year has turned its circle,
The seasons come and go.
The harvest all is gathered in
And chilly north winds blow.
Orchards have shared their
treasures,
The fields, their yellow grain,
So open wide the doorway-
Thanksgiving comes again!"

Fundus Autofluorescence, edited by Noemi Lois and John V. Forrester. RE545.F86
2009

Keratoconus & Keratoectasia: Prevention, Diagnosis, and Treatment, edited by Ming
Wang. RE339.K47 2010

Happy Thanksgiving and we look forward to seeing you in the Library!

Eyeball

Saturday, March 20, 2010 (7:00 pm-12:00 am)

On behalf of ICO's Student Association, I am proud to announce that this year's annual formal event, The EyeBall, will be hosted at Chicago's beautiful Shedd Aquarium!

Start off your evening enjoying the skyline view with a cocktail hour amongst the dolphins and beluga whales in the Oceanarium, followed by dinner, dessert and dancing surrounded by aquatic creatures from all around the world in the main exhibit hall!

Interested? Copy and paste this link to follow the event on facebook!

<http://www.facebook.com/group.php?gid=178402051391&ref=nf>. Stay tuned, more information on the details of this event (and how to sign up) are soon to come!

Note: This event is not to be confused with the Gala for the IEI Foundation, which uses the same name. Feel free to contact me if any clarification is necessary.

Erik J. Mothersbaugh

Class of 2012, President-Elect, ICO Student Association

Tech Tips

Ahmed Mohammad

Zoom in on your data in seconds (Excel)

If your mouse has a wheel, you may not realize that you can also use it to change the zoom percentage for your view of the worksheet.

To do so, hold down the [Ctrl] key and move the scroll wheel. Rolling the wheel down decreases the zoom percentage and rolling it up increases the zoom percentage. Note that if you're using Excel 2000, the zoom will only go up to 100 percent.



Are you looking for a large print keyboard label or large print keyboard. Click on the link below.

<http://www.shoplowvision.com/SearchByKeyword.aspx?word=keyboard>

IS contact procedures.

Phone calls or voice mail to x 7500 or email to support@ico.edu are the expected methods for contact the support team with a problem.

1. Phone Request:

Contact x 7500 for a medium or high priority request. To properly prioritize your problem or request, please be as descriptive as possible by describing the problem, workstation location and person to contact along with their extension. Press 1 for normal priority messages or press 3 for major system emergencies. If option 3 is selected, calls will be forward to the available members of the IS department.

2. System Support Email:

Non-emergency priority problems, or requests such as installing new software, hardware, etc., can be sent via email to support@ico.edu. The email should be as descriptive as possible, including the problem, workstation location and person to contact along with their extension

Blazin the Nets for IEI!!

Save the date for January 15, 2010 5p m to 7 pm for a fun event to raise money for the charitable services of IEI.

Don't miss the Celebrity Free-Throw Shooting Contest & Blindspot in the ICO Gym. Top 2 shooters going head to head for the title!



\$5 admission fee for each person to attend. Soft drinks, beer and snacks and raffle ticket for a chance to win a pair of Bulls Tickets (winner must be present)

It will be a FUN event to raise money for the charitable services of IEI, helping patients in need....Thanks for your help,

Dr. Vince Brandys

Maino's Memos

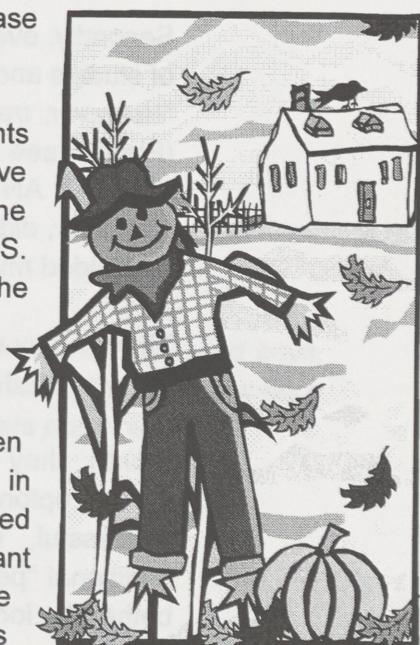
Maino's Memos contains the latest research and information about eye and vision care of children, those with developmental disabilities, Traumatic/Acquired Brain Injury and other topics of interest. Please note that if you are reading this online, all links should be active. Click on the titles for more information. Go to <http://www.MainosMemos.blogspot.com> for the latest research.

H1N1 and ocular consequences

Since concerns of H1N1 have become widespread across the US, many have rushed to obtain the H1N1 vaccine. While the adverse effects of this vaccine are relatively mild, they can have ophthalmic consequences. The following case demonstrates one such occurrence.

A 25 year old female with history of bilateral corneal transplants for keratoconus (OD in 2009, OS in 2004) received the live attenuated H1N1 vaccine intranasally. The following morning she awoke with bilateral corneal rejection OD more severe than OS. While the left eye has responded well to topical steroid drops, the right remains edematous despite injecting both sub-tenons with triamcinolone and oral prednisone.

Corneal transplant rejection following vaccination has been described previously with influenza vaccine^{1,2,3}, however in these cases the time from vaccination to rejection has ranged from two to eight weeks. The fast onset of corneal transplant rejection in this patient may likely be related to the close proximity of the inoculation site (nares) to the eye. However, this



may also represent a more robust immune reaction to a relatively new and understood vaccine.

Why does this matter in refractive surgery? Increased immune response, and therefore inflammation, can be associated with regression, diffuse lamellar keratitis, transient light sensitivity, and, in severe cases, corneal melting.

As the H1N1 vaccine becomes more available, our patients will be more likely to obtain it, particularly without alerting their ophthalmologist. In discussing laser refractive surgery with our patients in these upcoming months, we must take care to warn our patients about receiving the H1N1 vaccine prior to refractive surgery. If the vaccine is administered to the patient around the time of refractive surgery, we may want to consider a more frequent and prolonged course of topical steroid therapy.

By David A. Goldman MD and Jonathan Etter MD

CITT Study Chair, Dr. Mitch Schieman Discusses the CITT Study

Dr. Mitch Schieman, Chair of the CITT National Institutes of Health National Eye Institute Clinical trial discusses this ground breaking research. Click on the title above for access to this video. DM

Amblyopia Therapy in Children Identified by Photoscreening

Comments: Usually I make comments after segments of the paper are noted here. But this paper is so wrong in so many ways that I couldn't stop myself from making comments now.

First of all they note that only 20% of children get screened...and yet they promote screening as a way to help diagnosis amblyopia. The best way to diagnose the presence of amblyopia is a comprehensive eye examination. The best way is to do this is to participate in the AOA's InfantSee program and examine all children early. The best way is for us to conduct full examinations for all children in school. It's the very least we should be able to do for our children.

Secondly, even though one of the authors, Sean Donahue, is a part of the PEDIG series of studies and should know better, they write false statements like:

"However, treatment must be delivered within the critical period of visual development." (Please, see my AAO presentation on neuroplasticity.) We know that treatment can be done AT ANY AGE! It is sad that the authors of this paper, and Sean Donahue in particular, did not catch this obvious falsehood. Why are they continuing to publish these misguided myths about amblyopia?

Thirdly, they wanted to know if amblyopia can be treated successfully after the children are screened. Well, duh! We have several PEDIG studies that already show this.

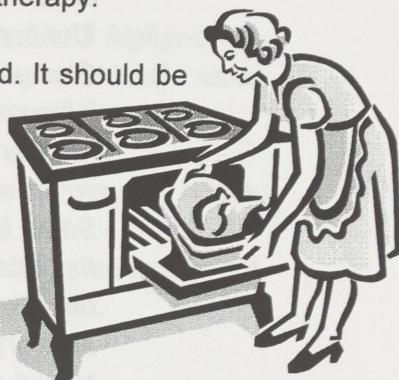
Fourth, they treated the children with 'standard' therapy...that did not include optometric vision therapy (OVT). They often considered 20/40 successful, when better VA can frequently be achieved with additional "perceptual learning" (aka OVT). It is obvious they did not bother to look at the recent research in cortical plasticity....that's a shame!



Fifth, even though 900+ kids were referred only 125 took part in the therapy.

This is a paper that needed additional work before it was published. It should be read with a most critical eye.... DM

The success rate of amblyopia treatment in children identified through our photoscreening program is high. This study supports the role of photoscreening programs in the prevention of amblyopia-related vision loss. Such early screening may translate to true visual acuity improvement.



Improving Cognitive Skills with Music

...Regularly playing a musical instrument changes the anatomy and function of the brain and may be used in therapy to improve cognitive skills. ...

Comments: As someone who sings and plays a musical instrument, I know my cognitive functions improve greatly when I participate in these musical activities! Get out there and enjoy music today! Go to a concert, sing in the shower, play that ol' wax paper comb! DM

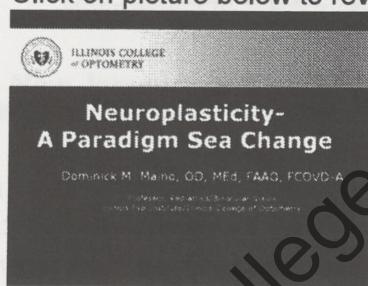
Traumatic Brain Injury-Vision Loss Severely Impacts Veterans' Quality Of Life; Who Is That Stranger On My Couch? Hallucinations In Low-vision Patient

...a Veterans Administration study that indicates that Iraq and Afghanistan veterans with vision loss from traumatic brain injury have significantly poorer quality of life than comparable civilian patients, ...

Comments: Optometric vision therapy can not only improve vision function but ones quality of life as well. (See the CITT study.) DM

American Academy of Optometry Presentation

Click on picture below to review Dr. Maino's AAO lecture.



Smoking in pregnancy tied to bad behavior in kids

...Although previous studies have demonstrated significant risks for school-aged boys, this is the first time an association has been shown between smoking during pregnancy and problems for girls and for boys as young as 3, the researchers point out....

Infant Eye Exams

The Importance of Infant Eye Exams

One underserved patient population could clearly benefit from optometric care: infants! When you examine infants, you change lives.

Andrea P. Thau, O.D.

Some fundamental concepts about vision make it truly unique. One such fundamental is that vision is a learned skill that develops over time. Unlike hearing, which is fully developed at birth, vision is rudimentary. When born, babies are routinely given an auditory evoked potential test, which is effective at detecting hearing loss. Vision can be tested at this time, but a visual evoked potential test cannot detect all vision problems. The visual system undergoes profound developmental changes in the first years of life—especially during infancy and toddlerhood. ...

Comments: Not only does the Review of Optometry have a whole new web design....it also has a great article by my friend and colleague Dr. Andrea Thau....click on the title for the full article. DM

Visual function in patients followed at a Veterans Affairs polytrauma network site: an electronic medical record review.

...Visual symptoms were self-reported by 76% of patients with polytrauma and 75% of the patients with TBI. Problems with reading (polytrauma 60% and TBI 50%) and accommodation (polytrauma 30% and TBI 47%) were frequently found on eye examinations. Spectacles were the treatment most frequently prescribed (polytrauma 62% and TBI 78%). ...

Comments: TBI patients have many vision problems. The VA is a great place to diagnose and treat these dysfunctions. Read this excellent paper by my colleagues Joan and Tom Stelmack et al. immediately! Don't forget to use the skills you've learned in our Binocular Vision Service to help out the veterans when you rotate to your VA site. Many VA hospitals are now offering vision therapy to their veterans. DM

Visual impairment in the hearing impaired students

...The study involved 901 hearing-impaired students between four and 21 years of age, from 14 special education schools. A quarter of them (216/901, 24%) had ocular problems. Refractive errors were the most common morbidity 167(18.5%), but only 10 children were using appropriate spectacle correction at presentation. Fifty children had visual acuity less than 20/80 at presentation; after providing refractive correction, this number reduced to three children, all of whom were provided low-vision aids. Other common conditions included strabismus in 12 (1.3%) children, and retinal pigmentary dystrophy in five (0.6% children. ... Ocular problems are common in hearing-impaired children. Screening for ocular problems should be made mandatory in hearing-impaired children, as they use their visual sense to compensate for the poor auditory sense.

Comments: For full text of the article click the title above. DM



Mixed Results for Pediatric Eye Surgery

...all lens types implanted for pediatric cataract are eventually plagued by a higher-than-expected rate of posterior capsule opacification, necessitating Nd:YAG laser treatment....The problem is treating people who still have 70 years ahead of them..."

Comments: Be careful. Very careful. Long term results of refractive surgery for adults are unknown yet alone for children who have decades ahead of them. DM
Thanks for reading Mainos Memos. If you ever have any questions, please do not hesitate to contact me at dmaino@ico.edu, extension 7282, Brady Hall 2001.
Dominick M. Maino, OD, MEd, FAAO, FCOVD-A

Attention: Third Year Students

Please note – for planning purposes (haircuts, perms, etc.) Paul Studios will take graduation pictures on Tuesday and Wednesday, December 8 and 9, 2009 from 8 am to 4 pm. in the Gym. Reminders and sign-up sheets will be posted on the third year bulletin board during the first week of winter quarter.



Residencies

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South wall.

Oklahoma

Northeastern State University Oklahoma College of Optometry

Residency in Family Practice Optometry – Tahlequah, OK – Three positions available

Residency in Cornea and Contact Lenses – Tahlequah, OK - One position available

Residency in Ocular Disease – EyeCare Associates of South Tulsa, Tulsa OK – Four Positions Available

Residency in Primary Eye Care – Fayetteville VAMC, AR, Amarillo VAMC, TX, and Muskogee VAMC Hospitals, OK – Four positions available

New Jersey

Southern College of Optometry

Private Practice Optometry Residency, The Vision and Learning Center at Family Eyecare Associates, Fair Lawn, NJ

<http://www.sco.edu/residency/Pages/descriptions.aspx>



"November comes
And November goes,
With the last red berries
And the first white snows.

With night coming early,
And dawn coming late,
And ice in the bucket
And frost by the gate.

The fires burn
And the kettles sing,
And earth sinks to rest
Until next spring."
- Elizabeth Coatsworth

Scholarships

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

| Scholarship | Who's Eligible | Amount | Deadline |
|--|--|--|--|
| The 2010 Dr. Seymour Galina Grant | <ul style="list-style-type: none"> • Third Year Student • Good academic standing • Submit a paper | \$2,500 | To Student Affairs by January 11, 2010 (submit with W-9 form) |
| 2010 InfantSEE® Scholarship Grant, sponsored by Vision West, Inc. | <ul style="list-style-type: none"> • Third Year Student • Good academic standing • Submit a paper | \$2,500 | To Student Affairs by January 11, 2010 (submit with W-9 form) |
| Alcon – 4th Year Optometry Student 2010 Case Study Award | <ul style="list-style-type: none"> • 4th Year Students • Write a case report | \$1,000, overall national award winner will receive additional \$5,000 | January 31, 2010 |
| Varilux Student Grant Award Program | <ul style="list-style-type: none"> • 3rd and 4th Years • Submit case report using Varilux lenses | \$1,000 and entry to national judging | Student affairs by Jan 8, 2010 in electronic format |
| Jewish Federation Academic Scholarships | <ul style="list-style-type: none"> • Enrollment in "helping" profession • Legal domicility in greater Chicago area • Jewish | From \$1,000 to \$8,000 | February 15, 2010 Apply at online: www.jvschicago.org |
| Student of Vision Scholarship-Transitions Optical Inc. | <ul style="list-style-type: none"> • Project in any format on Children's Vision | \$1,000 for category winner, and \$500 for additional winners | March 10 to education@transitions.com |

The Student Affairs Office has more information, so stop by and check it out

Fitness Corner

Avoid Gym Germs - What Can You Do to Stay Healthy

Flu season has arrived but gym goers will also want to watch out for MRSA. MRSA stands for methicillin-resistant staphylococcus aureus. It's a strain of staph that's resistant to the broad-spectrum antibiotics commonly used to treat it. MRSA can be fatal. Below are a few of the ways that you can stay healthy. Find more helpful tips and handouts at the Fitness Bulletin Board.

1. **Don't touch your face between sets.** Most germs are passed on through hand-to-nose or hand-to-eye contact.
2. **Bring your own yoga or Pilates mat.** If that is not an option, then make sure to wipe down a mat before and after use. Most of the fitness mats used here at ICO are a closed-cell structure that have been hygienically treated to be moisture resistant and resist fungus. However, you must do your part and be sure to use the gym wipes available in the Fitness Center and the gym.



3. Always place a towel on any equipment that you are going to sit on.
4. Cover up any open wounds with antibiotic ointment and a bandage before heading to the gym. Germs can enter the body through uncovered abrasions and lead to infections.
5. Thoroughly wash your hands for at least 30 seconds after each workout.
6. **Last but not least** - Wipe down all equipment before and after use with Gym Wipes.



Winter Group Exercise Classes begin Monday, November 16th!

The winter group exercise classes begin right before Thanksgiving break. Visit the Fitness page on the View to find the most up-to-date schedule. <http://theview.ico.edu/ics/Fitness/>



Academic Calendar 2010-2011

Summer Quarter 2010

| | |
|--|---|
| Monday, May 24 | First Day of Summer Quarter Classes/Labs/Clinic/Externships |
| Saturday, May 29 - Monday, May 31 | Memorial Day College/IEI Closed Externs Follow Externship Calendar |
| Tuesday, June 1 | College/IEI Reopen - Students Return |
| Friday, June 25 | Academic Mid-Quarter Grade Notices Due |
| Friday, July 2 | Clinical Mid-Quarter Grade Notices Due |
| Saturday, July 3 - Monday, July 5 | July 4th Holiday College/IEI Closed Externs Follow Externship Calendar |
| Tuesday, July 6 | College/IEI Reopen Students Return |
| Friday, July 30 | Last Day of Summer Quarter Classes/Labs |
| Saturday, July 31 - Saturday, August 7 | Final Exams/Clinic As Assigned |
| Tuesday, August 3 - Wednesday, August 4 | NBEO I Basic Science |
| Saturday, August 7 | Last Day of Summer Quarter Clinic (Years 3 & 4) & Externships |
| Monday, August 9 - Saturday, August 14 | Make-Up/Break Period/No Classes/Labs/Clinic/Externships |
| Wednesday, August 11 - Thursday, August 12 | Faculty Retreat |
| Friday, August 13 - Sunday, August 15 | Orientation Class of 2014 |

Fall Quarter 2010

| | |
|---|---|
| Monday, August 16 | First Day Of Fall Quarter Classes/Labs/Clinic/Externships |
| Saturday, August 21 - Sunday, August 22 | NBEO II Clinical Skills Exam - No Clinic - Externs Follow Externship Calendar |
| Saturday, August 21 | IColympics |
| Friday, August 27 - Sunday, August 29 | Alumni Weekend |
| Saturday, September 4 - Monday, September 6 | Labor Day Holiday College/IEI Closed Externs Follow Externship Calendar |
| Tuesday, September 7 | College/IEI Reopen - Students Return |
| Friday, September 17 | Academic Mid-Quarter Grade Notices Due |
| Friday, September 24 | Clinic Mid-Quarter Grade Notices Due |
| Friday, October 22 | Last Day Fall Quarter Classes/Labs |
| Saturday, October 23 - Saturday, October 30 | Final Exams/Clinic As Assigned |
| Saturday, October 30 | Last Day 4th Year Clinic/Externships |

Monday, November 1 - Saturday, November 6 Make-Up/Break Period - No Classes/Labs/Clinic As Assigned

Saturday, November 6 Last Day of Fall Quarter Clinic

Winter Quarter 2010 - 2011

| | |
|--|--|
| Monday, November 8 | First Day Winter Quarter Classes/Labs/Clinic/Externships |
| Wednesday, November 17 - Saturday, November 20 | AAO/Student Break Period/No Classes/Labs/Clinic Externs Follow Externship Calendar |
| Monday, November 22 - Tuesday, November 23 | No Classes/Labs - Clinic As Assigned |
| Wednesday, November 24 | No Classes/Labs/Clinic - College/IEI Closes @ 1:00 Externs Follow Externship Calendar |
| Thursday, November 25 - Sunday, November 28 | Thanksgiving Break College/IEI Closed Externs Follow Externship Calendar |
| Monday, November 29 | College/IEI Reopen/Students Years 1 - 3 Return |
| Monday, November 29 | Fourth Year NBEO Travel Day No Clinic/Externships |
| Tuesday, November 30 | NBEO Part II (PAM) & TMOD - No 4th Year Clinic/Externships |
| Wednesday, December 1 | NBEO Externship Travel Day - 4th Year IEI Clinic Resume No Externships |
| Friday, December 17 | ICO/IEI Holiday Party |
| Monday, December 20 - Saturday, January 1 | Student Winter Holiday Break - No Classes/Labs/Clinic/Externships |
| Thursday, December 23 - Sunday, December 26 | Winter Holiday College/IEI Closed |
| Monday, December 27 | College/IEI Reopen - No Classes/Labs/Clinic/Externships |
| Thursday, December 30 - Sunday, January 2 | Winter Holiday College/IEI Closed |
| Monday, January 3 | College/IEI Reopen/Students Return |
| Friday, January 7 | Mid-Quarter Academic Grade Notices Due |
| Friday, January 14 | Mid-Quarter Clinical Grade Notices Due |
| Monday, January 17 | Martin Luther King Jr. Day-College/IEI Closed Externs Follow Externship Calendar |
| Tuesday, January 18 | College/IEI Reopen - Students Return |
| Friday, February 11 | Last Day of Winter Quarter Classes/Labs |
| Saturday, February 12 - Saturday, February 19 | Final Exams/Clinic As Assigned |
| Saturday, February 19 | Last Day of Winter Quarter 4th Year Clinic/Externships |
| Monday, February 21 - Saturday, February 26 | Make-Up Period/No Classes/Labs/Clinic As Assigned |
| Saturday, February 26 | Last Day of Winter Quarter Clinic |

Spring Quarter 2011

| | |
|--|---|
| Monday, February 28 | First Day Of Spring Quarter Classes/Labs/Clinic/Externships |
| Monday, February 28 - Wednesday, March 9 | NBEO I Study Period - No Classes/Labs 3rd Year - Clinic as Assigned |
| Thursday, March 10 - Thursday, March 14 | NBEO I Study Period - No Classes/Labs/Clinic - 3rd Year |
| Tuesday, March 15 - Wednesday, March 16 | NBEO I (TENTATIVE) No Classes/Labs/Clinic - 3rd Year |
| Thursday, March 17 | 3rd Year Classes/Labs/Clinic Resume |
| Friday, March 25 | Practice Opportunities Symposium |
| Friday, April 1 | Academic Mid-Quarter Grade Notices Due Years 1 & 2 |
| Friday, April 8 | Clinical Mid-Quarter Grade Notices Due |
| Friday, April 8 - Sunday, April 10 | NBEO III Exam (TENTATIVE) - No 4th Year Clinic/Externships |
| Monday, April 11 | Academic Mid-Quarter Grade Notices Due Year 3 |
| Friday, April 22 - Sunday, April 24 | Spring Break College/IEI Closed Externs Follow Externship Calendar |
| Friday, April 22 | NBEO II/PAM (TENTATIVE) |
| Monday, April 25 | College/IEI Reopens - No Classes/Labs/Clinic Yrs 1, 2 & 4 - Spring Break Continues - Year 3 Resume Classes/Labs/Clinic - Externs Follow Externship Calendar |
| Tuesday, April 26 | Students Years 1, 2 & 4 Return |
| Friday, May 6 | Last Day of Spring Quarter Classes/Labs |
| Saturday, May 7 - Saturday, May 14 | Final Exams/Clinic As Assigned |
| Saturday, May 14 | Last Day of Clinic/Externships - All Students |
| Monday, May 16 - Saturday, May 21 | Make-up/Break Period - All Students |
| Wednesday, May 18 | Capstone Program Class of 2011 |
| Friday, May 20 | Clinic Orientation Class of 2013 |
| Saturday, May 21 | Commencement Class of 2011 |

Summer Quarter 2011

| | |
|-----------------------------------|---|
| Monday, May 23 | First Day Of Summer Quarter Classes/Labs/Clinic/Externships |
| Saturday, May 28 - Monday, May 30 | Memorial Day Holiday College/IEI Closed |

ILLINOIS COLLEGE OF OPTOMETRY

WINTER QUARTER, 2009/2010

October 16, 2009

| | Saturday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|--|--|--|-------------|--|-------------------------------|---|
| | February 13 | February 15 | February 16 | February 17 | February 18 | February 19 | February 20 |
| 9:00 – 11:00 | BHS 150.2 Biochemistry II | BHS 263.1 Ocular Disease | CLE 270.2 Ophthalmic Optics III | | CLE 262.4 Intro to Binocular Anomalies | BHS 245 Color Vision | BHS 140.1 Sensory Aspects of Vision I |
| 11:30 – 1:30 | | BHS 107 Ocular Anatomy | BHS 120.2 Geo. & Theoretical Optics I | | BHS 116.2 Human Physiology & Pathology II | CLE 162.2 Optometry 1.1 | |
| 1:45 – 3:45 | CLE 376.1 Strabismus & Amblyopia | BHS-364 Neuro- Ophthalmic Disorders | BHS 363.4 Gen & Ocular Emergencies | | CLE 367 Low Vision | | BHS 360.2 Clinical Medicine II |
| 4:00 – 6:00 | BHS 254.2 Pharmacology | | | | | | CLE 262.2 Optometry 2.2 |

ATTENTION: MAKE-UP DATES FOR ALL FINAL EXAMS WILL BE
MONDAY, FEBRUARY 22 AND TUESDAY, FEBRUARY 23.

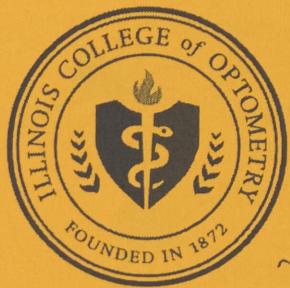
WINTER 2009 - 2010 EXAM SCHEDULE

AS OF November 10, 2009

**** Revised 11-10-09 ****

| ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED PLEASE NOTE THE ROOM YOU WILL BE TAKING THE TEST. IT IS NOT ALWAYS THE SAME | | | |
|---|---|---|--|
| DATE | FIRST YEAR | SECOND YEAR | THIRD YEAR |
| 12/4 F | BHS 150.2 Biochemistry II Room 1200-1203 | | |
| 12/7 M | | BHS 254.2 General and Ocular Pharm Room 1200-1203 | |
| 12/8 T | BHS 107 Ocular Anatomy Room 1200-1203 | | |
| 12/9 W | | CLE 270.2 Ophthalmic Optics Room 1200-1203 | CLE 376.1 Strabismus and Amblyopia Room 1201-1202 |
| 12/11 F | BHS 140.1 Sensory Aspects of Vision I Room 1200-1203 | | |
| 12/14 M | | BHS 263.1 Ocular Disease I Room 1200-1203 | |
| 12/15 T | BHS 118.2 Human Physiology Room 1200-1203 | | BHS 360.2 Clinical Medicine Room 1201-1202 |
| 12/17 TH | BHS 120.2 Geo/Theo Optics II Room 1200-1203 | CLE 282.4 Intro to Binocular Anomalies Room 1201-1202 | |
| 12/18 F | | | BHS 364 Neuro-Ophthalmic Dis. Room 1200-1203 |
| 1/5 T | BHS 150.2 Biochemistry II Room 1200-1203 | CLE 262.2 Optometry 2.2 Room 1201-1202 | |
| 1/7 TH | BHS 107 Ocular Anatomy Room 1200-1203 | | CLE 367 Low Vision Room 1201-1202 |
| 1/8 F | | BHS 245 Color Vision Room 1200-1203 | |
| 1/11 M | | | BHS 363.4 Gen. & Ocular Emerg. Room 1200-1203 |
| 1/12 T | | BHS 254.2 General and Ocular Pharm Room 1200-1203 | |
| 1/13 W | BHS 140.1 Sensory Aspects of Vision I Room 1200-1203 | | |
| 1/15 F | CLE 162.2 Optometry 1.2 Room 1200-1203 | CLE 270.2 Ophthalmic Optics II Room 1201-1202 | |
| 1/19 T | BHS 120.2 Geo/Theo Optics II Room 1200-1203 | | |
| 1/20 W | | BHS 263.1 Ocular Disease I Room 1200-1203 | BHS 360.2 Clinical Medicine Room 1201-1202 |
| 1/22 F | BHS 118.2 Human Physiology Room 1200-1203 | | |
| 1/25 M | | CLE 282.4 Intro. To Binocular Anomalies Room 1200-1203 | |
| 1/26 T | | | CLE 376.1 Strabismus and Amblyopia Room 1200-1203 |
| 1/27 W | BHS 150.2 Biochemistry II Room 1200-1203 | | |
| 1/29 F | | CLE 262.2 Optometry 2.2 Room 1200-1203 | BHS 364 Neuro-Ophthalmic Disord Room 1201-1202 |
| 2/1 M | BHS 107 Ocular Anatomy Room 1200-1203 | BHS 245 Color Vision Room 1201-1202 | |
| 2/2 T | | | CLE 367 Low Vision Room 1200-1203 |
| 2/3 W | BHS 140.1 Sensory Aspects of Vision I Room 1200-1203 | | |
| 2/4 Th | | BHS 254.2 General and Ocular Pharm Room 1200-1203 | |
| 2/5 F | CLE 162.2 Optometry 1.2 Room 1200-1203 | | |
| 2/6 M | BHS 120.2 Geo/Theo Optics II Room 1200-1203 | | |
| 2/9 T | | CLE 270.2 Ophthalmic Optics Room 1200-1203 | |

Digitized by Illinois College of Optometry Library



Focal Point



C A M P U S N E W S

Blazin the Nets for IEIF!!

Save the date for January 15, 2010 5pm to 7pm for a fun event to raise money for the charitable services of IEI.

Don't miss the Celebrity Free-Throw Shooting Contest & Blindspot in the ICO Gym. Top 2 shooters going head to head for the title!



\$5 admission fee for each person to attend. Soft drinks, beer and snacks and raffle ticket for a chance to win a pair of Bulls Tickets (winner must be present)

Celebrity Shooters committed so far are: 3rd Ward Alderwoman, Pat Dowell; ICO President, Dr. Arol Augsburger; IEI Patient, WVON-AM Pierre Cooper; and former Bradley University Player; IEIF Board Member, Brian Higgins, BOT Chairman, Dr. Richard Kattouf; and State Senator of the 13th district, Kwame Raoul, plus a few others to be added once confirmed.

We need representatives from the following groups: ICO Student Body, one male and one female student, Optometric Resident, Faculty Member and Staff Member (non-faculty). Please contact me to reserve your spot!!

It will be a FUN event to raise money for the charitable services of IEI, helping patients in need....Thanks for your help,

Dr. Vince Brandys

Walk Into My Parlor

- by Mary Howitt

"Will you walk into my parlor?"
said the spider to the fly;
"Tis the prettiest little parlor that you ever did spy.
The way into my parlor is up a winding stair,
And I have many curious things to show when you are there."
"Oh no, no!" said the little fly,
"to ask me is in vain;
For who goes up your winding stair can never come down again."





Spotlight on the Library

by Jeff Proehl, Information Systems Librarian and
Theresa Ciupinski, Library Clerk

Library Hours for Exams

(check our website and sign for changes)

| | |
|-------------------------------|-----------------------------|
| Friday, October 30 | 8:00 am - Midnight |
| Saturday, October 31 | 8:00 am - Midnight |
| Sunday, November 1 | 10 am - Midnight |
| Monday, November 2- | 8:00 am - Midnight |
| Friday, November 6 | |
| Saturday, November 7 | 8:00 am - 5:00 pm |
| Sunday, November 8 | CLOSED |
| Monday, November 9- | 8:00 am - 5:00 pm |
| Friday, November 13 | |
| Saturday, November 14- | CLOSED |
| Sunday, November 15 | |
| Monday, November 16 | Resume regular hours |



Study Skills

Now that you're gearing up for finals week, are you looking for tips on studying? The Library carries books on how to improve your study skills, and also books on dealing with stress.

Improving memory and study skills: advances in theory and practice, LB2395 .H45 2002

Studying & test taking made incredibly easy! R737 .S82 2000

Study without stress: mastering medical sciences, R737 .K45 2000

Stressed Out?

Yoga for stress [DVD]: doctor-designed Yoga remedies for stress relief, DVD 7

De-stressing doctors: a self-management guide, R690 .S97 2003

The relaxation & stress reduction workbook, RA785 .D374 2000

Breathe well, be well: a program to relieve stress, anxiety, asthma, hypertension, migraine, and other disorders for better health, RA782 .F75 1999



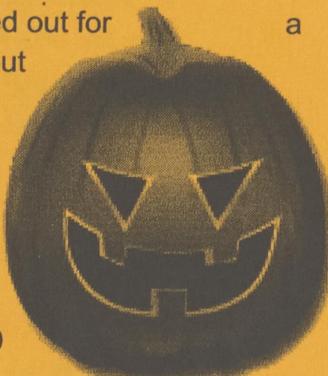
Don't Let Studying For Part II Boards Scare You

Boards Part II is steadily approaching and these books may help! In addition to the NBEO books on reserve, check out these ophthalmology board review books. For most of these, the most recent version is on reserve and can be checked out for a week. The older editions are in the stacks and may be checked out for four weeks. Titles include:

Review Questions in Ophthalmology: a Question and Answer Book by Ghern (RE49.C5)

Massachusetts Eye and Ear Infirmary Review Manual for Ophthalmology (RE49 .L3) *Kanski's Ophthalmology in Focus* (RE49.K3593)

Kanski's Clinical Ophthalmology: a Test Yourself Atlas (RE49 .K28).



Helpful websites include the Harvard Digital Journal of Ophthalmology <http://www.djo.harvard.edu/>, the University of Manitoba Ophthalmology Internet Tutorial at <http://umanitoba.ca/faculties/medicine/units/ophthalmology/> and the RED Atlas (Recognizing Eye Disease: a Visual Review of Ophthalmic Disorders) at <http://redatlas.org>. All have practice test questions covering various eye diseases.

Happy Halloween! Good luck on all your finals!



CPR – A Life Saver

Next time when taking a CPR class remember your classmate who took the CPR Class here at ICO only to have to recall the skills in an emergency situation. She says "I never thought I would put these skills to use."

Catherine Loughrin, third year was shopping at Macy's in downtown Chicago this Sunday with her husband. When outside the store they saw two women running towards them shouting for help. The women lead them to a young man around the corner who was turning blue while lying on the ground. Catherine reacted quickly to perform mouth to mouth while her husband called 911. Another passerby helped by starting compressions. The paramedics arrived and took over from there. Catherine says she tried to follow up on the man but was not able to get any information as to how he was doing. So for now she is content with knowing that she did her best to help save a life. She is glad she has her CPR skills!

Tech Tips

Ahmed Mohammad



Recommend product to clean PC Monitor/ Laptop screen.

Click on the link below for details. These products can also be order from Garveys, Garveys item number MMM-CL681 (spray), or REA-RR1391 (box of cleaning wipes)

<http://store.officeworld.com/product.asp?ProductID=MMMCL681&VendorID=1&FromUniqueItemID=0>

How to increase the font size in Internet Explorer.

Launch Internet Explorer. In the upper-right corner of the screen, click the drop-down menu for **Page**.

Choose Text size

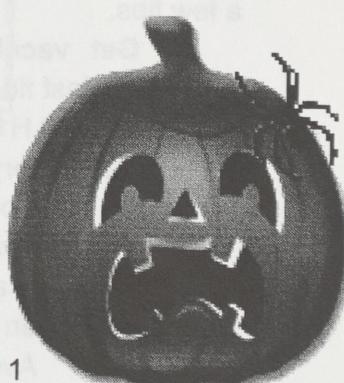
Choose Larger

IS contact procedures.

Phone calls or voice mail to x 7500 or email to support@ico.edu are the expected methods for contact the support team with a problem.

1. Phone Request:

Contact x 7500 for a medium or high priority request. To properly prioritize your problem or request, please be as descriptive as possible by describing the problem, workstation location and person to contact along with their extension. Press 1 for normal priority messages or press 3 for major system emergencies. If option 3 is selected, calls will be forward to the available members of the IS department.





2. System support Email:

Non-emergency priority problems, or requests such as installing new software, hardware, etc., can be sent via email to support@ico.edu. The email should be as descriptive as possible, including the problem, workstation location and person to contact along with their extension.

Scholarships

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

| Scholarship | Who's Eligible | Amount | Deadline |
|--|---|--|---|
| The 2010 Dr. Seymour Galina Grant | <ul style="list-style-type: none">• Third Year Student• Good academic standing• Submit a paper | \$2,500 | To Student Affairs by January 11, 2010 (submit with W-9 form) |
| 2010 InfantSEE® Scholarship Grant, sponsored by Vision West, Inc. | <ul style="list-style-type: none">• Third Year Student• Good academic standing• Submit a paper | \$2,500 | To Student Affairs by January 11, 2010 (submit with W-9 form) |
| Alcon – 4th Year Optometry Student 2010 Case Study Award | <ul style="list-style-type: none">• 4th Year Students• Write a case report | \$1,000, overall national award winner will receive additional \$5,000 | January 31, 2010 |
| Varilux Student Grant Award Program | <ul style="list-style-type: none">• 3rd and 4th Years• Submit case report using Varilux lenses | \$1,000 and entry to national judging | Student affairs by Jan 8 , 2010 in electronic format |

The Student Affairs Office has more information, so stop by and check it out

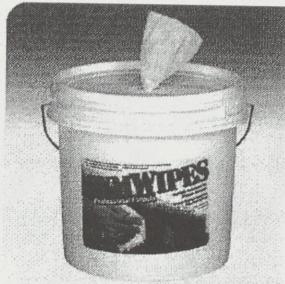
Fitness Corner

Flu Season is Here - What Can You Do to Stay Healthy

Unfortunately, flu season is here. Below are a few of the ways that you can stay healthy this season. This November, the Fitness Bulletin Board will have helpful handouts on what you can do. In the meantime, here are a few tips.

- **Get vaccinated.** Vaccination is the best protection we have against flu. Seasonal flu vaccine is available now and initial doses of 2009 H1N1 flu vaccine also are available, with additional doses available later this year.
- **Take everyday actions to stay healthy.**
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
 - Avoid touching your eyes, nose and mouth. Germs spread that way.
 - Stay home if you get sick. CDC recommends that you stay home from work, school, the Fitness Center and limit contact with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.





- Find healthy ways to deal with stress and anxiety.
- Do your part at ICO. Be sure to wipe down equipment and mats before and after EVERY use.
- Stay informed. Call 1-800-CDC-INFO for more information.



Spooks

- by Sandra Liatos

There's a goblin at my window,
A monster by my door.
The pumpkin at my table
Keeps on smiling more and more.
There's a ghost who haunts my bedroom,
A witch whose face is green.
They used to be my family,
Till they dressed for Halloween.

Digitized by Illinois College of Optometry Library



Focal Point

C A M P U S N E W S

Residency Information to all 4th Year Students!

Residency Application Information

From Dr. Stephanie Messner

Asst. Dean for Patient Care Education

This is a busy time of year for fourth year students. You've just completed NBEO Part II and now is the time to do some serious thinking about your plans for after graduation, if you haven't already started. Although there are many options available to you, you may want to consider doing a post-graduate residency program. Residency training enables you to develop advanced competency in a particular area of optometry. It is a highly desirable (if not required) credential if you want a career in academia, government service (Veterans Affairs, Indian Health Service) and some other venues. Some people pursue residency training intending to enter private practice upon completion. These individuals see value in being able to offer a higher level of care to their patients and may find that it makes them more marketable as they seek a position in the private sector. Finally, completion of a residency will earn you all the needed points to take the board certification exam, when it becomes available.



That's no December sky!
Surely 'tis June
Holds now her state on high
Queen of the noon.

Only the tree-tops bare
Crowning the hill,
Clear-cut in perfect air
Warn us that still

Winter, the aged chief,
Mighty in power,
Exiles the tender leaf,
Exiles the flower."

Robert Fuller Murray
(1863-1894), A December Day

Residency training is NOT just for the students with the best grades and NBEO scores. I have spoken with many students over the years who think that because they have average grades and average NBEO scores that they would not be considered for a residency position. This is an incorrect assumption! I have seen "average" students go on to be excellent residents. Motivation is an important factor in the process of selecting residents. Certainly a strong academic background helps to support an application, but it is not the only thing that most programs look at. If you have average grades, have done reasonably well in your clinical rotations, have passed NBEO I and are really interested in doing a residency, go for it! It's likely that you'll be able to secure a position in one of the programs that interest

you. Results for NBEO II typically are reported around the time that most residency interviews take place. One of the most important things that you can do for your residency application is to pass Part II in December. Candidates who haven't passed NBEO I and II at the time of the match are considered "risks" to the programs, as they will not be eligible for licensure if they don't pass the 2nd administration in April.

If you are considering residency training, but have not yet made an application, **NOW** is the time to start exploring your options. There are many good sources of information to help get you started. The ICO Student Affairs Office maintains a file of all recruitment materials that I receive from other Residency Directors. Some schools will send enough brochures to distribute to all 4th year students, which are then placed in your mailboxes. In addition, the Association of Schools and Colleges of Optometry (ASCO) maintains a web site (<http://www.opted.org/>) that includes detailed information about specific residency programs. Many of the programs that are listed have links to their own program web page. Another excellent resource is the Optometry Residency Matching Service (ORMS) web site (<http://www.orms.org/>). ORMS is the application service for virtually all optometric residency programs. If you should decide to apply to residency programs, you will need to go through ORMS. But you can also utilize the web site to access information about programs prior to applying. Should you decide to apply to any programs, ORMS will handle the application process for you. They charge a fee of \$30 which allows you to apply to up to 5 programs. There is a \$10 additional fee for every program over the initial 5 to which you apply.

The application process is explained clearly and in detail on the ORMS web site. When you make application to a program, ORMS notifies the program coordinator of your application and has NBEO send your scores. But you must also contact the program coordinator and submit a letter of introduction, optometry school transcript, and letters of recommendation.

Here are some important deadlines to keep in mind:

Application deadline to most programs is Feb. 1. This isn't just the date by which you have to make your application through ORMS: many programs will use this as the deadline for submission of all of your application materials. ORMS requires you to pay your application fee by this date as well. Although the application deadline is Feb. 1, you should not wait until late January to contact the coordinators of the programs that you are interested in. File your application and materials as early as possible. Many programs will begin their interviewing process in late January/early February. It can be difficult to schedule an interview and make travel plans if you wait until the last minute. Apply now. As the saying goes, "early is on time, on-time is late, and late is unacceptable!"

The deadline to submit your program rankings for the upcoming residency year is **March 5, 2010**. The way the match works is as follows. Candidates apply to programs and interview for positions. At the end of the interview process, candidates will rank the programs to which they have applied from most desired to least desired. This is done on-line. The programs do the same thing, ranking the candidates from most desired to least desired. ORMS' job is to then match the programs and candidates based on these rankings. Candidates are notified within days of the match date of the result. Candidates who may not match with a program are then given information about programs that did

not match, so there's still opportunity to secure a position following the match. Again, don't wait until the last minute to submit your rankings. If there is an internet server problem on the 4th that isn't solved quickly, you could end up being shut out of the match! I'd recommend that you submit your rankings about a week in advance, just to be safe.

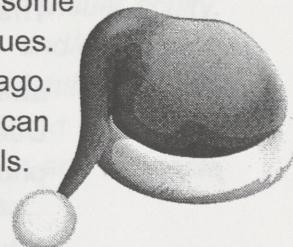
A few things to keep in mind about the match:

1. If you match with a program, you are expected to follow through and participate in that program. So if you don't want to go to a particular site, do not rank it. You can't match with a site that you do not include in your program rankings. If you know that you are not going to rank the site, be fair to the program coordinator and let him or her know that you are withdrawing your application. They could otherwise "waste" a number one ranking on you!
2. The match is intended to be fair. Program coordinators are not permitted to try to "pre-match" with a candidate. In other words, it is not acceptable for a program coordinator to tell you "I'm going to rank you as number one, so if you rank me as number one we'll be sure to match". If anything like that happens, you should report it to ORMS or to me. Keep in mind that it is perfectly acceptable for the program coordinator to tell you that you have a strong application or that they would love to have you as a resident next year, but nothing more specific than that.

If you would like to discuss the value of doing a residency or if you have questions about specific programs or the application process, please feel free to contact me at smessner@ico.edu or 312-949-7015.

12 BARS!!!

Finally! 12 Bars is here! On Saturday, December 12, 2009, blow off some steam and bring in holiday cheer with all of your friends and colleagues. This year the event takes place in the Rush and Division area of Chicago. The fun begins at 6:00 pm and officially ends at midnight. Wristbands can still be purchased for \$8 if you wish to partake in the offered specials. Keep your eyes peeled for an emailed map and more details. For more information just email Eric Coy or Eric Woo at ecoy@eyedoc.ico.edu or ewoo@eyedoc.ico.edu.



Webinar

A free webinar for those recovering from an eating disorder...

The Renfrew Center, a nationally acclaimed eating disorders treatment facility is offering a webinar addressing the challenges the holidays present for individuals recovering from eating disorders. Please share this information with anyone you know may be interested.

Home for the Holidays Webinar – Tuesday, December 15, 2009, 11:00 am – 12 noon or 7:00 – 8:00 pm CST. Facilitated by Jennifer Nardozzi, PsyD

Topics include:

- Eating challenges during the holidays
- How to alleviate holiday stress and pressure
- Taking responsibility for your own health and recovery

- Survival strategies to stay focused on your recovery
- Creating and sustaining relationships at home, work & school

[Click here to register for the 11:00am CST webinar.](#)

[Click here to register for the 7:00pm CST webinar.](#)

Spotlight on the Library

by Jeff Proehl, Information Systems Librarian and
Theresa Ciupinski, Library Service Clerk

Special Library Hours in December and January

| | |
|---|---------------------|
| Friday, December 18 | 8:00 am-1:30 pm |
| Saturday and Sunday, Dec. 19 and 20 th | Closed |
| Monday and Tuesday, Dec. 21 and 22 nd | 8:00 am-5:00 pm |
| Wednesday, Dec. 23- Sunday, Jan. 3 | Closed |
| Monday, January 4 | Resume normal hours |

Reserve Books, Digital Cameras, Laptops

Due to the long holiday break, any reserve books, reference books or equipment checked out after 10:30 am on Friday, December 18 will not be due until 9:00 am on Monday, January 4. They all may be checked out on a first come, first served basis. We will hold back one copy of each reserve title for students who want to study on Monday-Tuesday, December 21-22.

The Library owns NBEO exam study materials, such as the *Berkeley Guides* and the *NBEO Review Guide*. They are on reserve and may be checked out.

The Library also has camcorders, digital cameras and laptops available for circulation.

Interlibrary Loan or Photocopy Requests

Due to the holiday break, the Library will not respond to any interlibrary loan or photocopy requests from December 23, 2009 until January 4, 2010.

Library Poster

Stop by the library to review the latest Academy Poster titled "A Unique Case of Unilateral Tamoxifen Maculoplasty with Low-Dose Therapy" by Dr. Wendy Haaland Stone. Remember to direct all questions to the author.

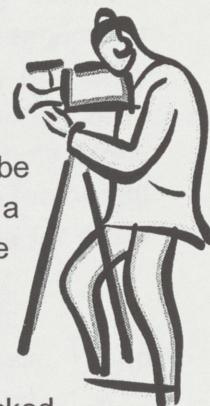
Fun Reading for the Holidays

The Library has novels and other fun reading in its paperback section, great for your holiday travel reading! These donated books are stored in the carrel by the first floor computer room or on the second floor by the newspapers.

New Books

The Library's new book shelves are located across from the first floor Ricoh printer/photocopier/scanner near the restrooms. Some of the new books for December include:

The Psychology of Flavour, by Richard J. Stevenson. QP456.S74 2009



Eye Banking, edited by Timm Bredehorn-Mayr, Gernot I.W. Duncker, and W. John Armitage. RE89.E94 2009
Multifocal IOLs, edited by Frank Joseph Goes. RE988.M85 2009

Blazin the Nets for IEI!!

Save the date for January 15, 2010 5 pm to 7 pm to raise money for the charitable services of IEI.

\$5 admission fee for each person to attend. Soft drinks, beer and snacks and raffle ticket for a chance to win a pair of Bulls Tickets (winner must be present)

It will be a FUN event to raise money for the charitable services of IEI, helping patients in need.

Dr. Vince Brandys

Maino's Memos

Maino's Memos contains the latest research and information about eye and vision care of children, those with developmental disabilities, Traumatic/Acquired Brain Injury and other topics of interest. Please note that if you are reading this online, all links should be active. Click on the titles for more information. Go to:

<http://www.mainosmemos.blogspot.com> for the latest research.

Perceptual learning as a potential treatment for amblyopia: A mini-review

...A review of the extant studies makes it clear that practicing a visual task results in a long-lasting improvement in performance in an amblyopic eye. The improvement is generally strongest for the trained eye, task, stimulus and orientation, but appears to have a broader spatial frequency bandwidth than in normal vision. Importantly, practicing on a variety of different tasks and stimuli seems to transfer to improved visual acuity. Perceptual learning operates via a reduction of internal neural noise and/or through more efficient use of the stimulus information by retuning the weighting of the information. The success of PL raises the question of whether it should become a standard part of the armamentarium for the clinical treatment of amblyopia, and suggests several important principles for effective perceptual learning in amblyopia....

Comment: Amblyopia is treatable. Amblyopia is treatable at any age. It's important to note that they were talking about adults and the results of perceptual learning from several different studies. Even adults can benefit from amblyopia therapy.

Action-Video-Game Experience Alters the Spatial Resolution of Vision

Playing action video games enhances several different aspects of visual processing; however, the mechanisms underlying this improvement remain unclear. Here we show that playing action video games can alter fundamental characteristics of the visual system, such as the spatial resolution of visual processing across the visual field. To determine the spatial resolution of visual processing, we measured the smallest distance a distractor could be from a target without compromising target identification. This approach exploits the fact that visual processing is hindered as distractors are brought close to the target, a phenomenon known as crowding. Compared with nonplayers, action-video-game players could tolerate smaller target-distractor distances. Thus, the spatial resolution of visual processing is enhanced in this population. Critically, similar

effects were observed in non-video-game players who were trained on an action video game; this result verifies a causative relationship between video-game play and augmented spatial resolution.

Carrot sticks or joysticks: video games improve vision

...Playing action-based video games has been shown to improve attentional processing. A study now finds that it also induces long-lasting improvements in contrast sensitivity, a basic visual function that commonly deteriorates with age. These improvements do not happen for an equivalent group who played a non-action video game....

Comments: Play action video games and improve.....

Enhancing the contrast sensitivity function through action video game training

...The contrast sensitivity function (CSF) is routinely assessed in clinical evaluation of vision and is the primary limiting factor in how well one sees. CSF improvements are typically brought about by correction of the optics of the eye with eyeglasses, contact lenses or surgery. We found that the very act of action video game playing also enhanced contrast sensitivity, providing a complementary route to eyesight improvement....

Comments: I've always wondered how to treat CSF problems. Now I know.

Prolonged Perceptual Learning of Positional Acuity in Adult Amblyopia: Perceptual Template Retuning Dynamics

...Amblyopia is a developmental abnormality that results in physiological alterations in the visual cortex and impairs form vision. ... a number of recent studies suggest that repetitive practice of a visual task using the amblyopic eye results in improved performance in both children and adults with amblyopia. These perceptual learning studies have used relatively brief periods of practice; however, clinical studies have shown that the time-constant for successful patching is long. There is significant transfer of learning from the amblyopic to the dominant eye, suggesting that the learning reflects alterations in higher decision stages of processing. ... These results show that the mature [adult] amblyopic brain is surprisingly malleable...

Comments: Click title for PDF of article.

Prevalence and causes of amblyopia in an adult population

...Amblyopia was diagnosed in 118 participants, or 3.2% of the population using a visual acuity criterion of 20/30 or less and 2.9% using a visual acuity criterion of 20/40 or less. Using a two-line visual acuity difference between the eyes, the amblyopia prevalence was 2.6% and 2.5%, respectively, for the above criteria. The underlying amblyogenic causes assessed were anisometropia (50%), strabismus (19%), mixed strabismus and anisometropia (27%), and visual deprivation (4%). The visual acuity of the amblyopic eye was 20/200 or worse (19%), 20/80 to 20/160 (19%), 20/40 to 20/63 (52%), and 20/30 (11%). The most frequent pattern of strabismus was esotropia, whereas hypermetropia was the most frequent refractive error in amblyopic eyes. The mean age at diagnosis was earlier for strabismic and mixed amblyopia (7.4 years) than for anisometropic amblyopia (12.7 years)....

Neural Basis of Self and Other Representation in Autism: An fMRI Study of Self-Face Recognition

...This functional dissociation between the representation of self versus others points to a potential neural substrate for the characteristic self-focus and decreased social understanding exhibited by these individuals, and suggests that individuals with ASD lack the shared neural representations for self and others that TD children and adults possess and may use to understand others.....

Oculomotor Control in Children Who Were Born Very Prematurely

...the preterm children had difficulties with the voluntary control of saccades, particularly in the area of inhibition, which may be indicative of a deficit in the region of the dorsolateral prefrontal cortex. This finding is consistent with other reports in preterm children in whom executive function has been found to be compromised, and both these aspects of behavior are likely to share similar areas of cortical control....

Comments: Full text available by clicking title.

Visual Processing of Faces in Individuals with Fragile X Syndrome: An Eye Tracking Study

...Gaze avoidance is a hallmark behavioral feature of fragile X syndrome (FXS), but little is known about whether abnormalities in the visual processing of faces, including disrupted autonomic reactivity, may underlie this behavior. Eye tracking was used to record fixations and pupil diameter while adolescents and young adults with FXS and sex- and age-matched typically developing controls passively viewed photographs of faces containing either a calm, happy, or fearful expression, preceded by a scrambled face matched on luminance. Results provide quantitative evidence for significant differences in gaze patterns and increased pupillary reactivity when individuals with FXS passively view static faces. Such abnormalities have significant implications in terms of understanding causes of gaze avoidance observed in individuals with FXS.

Comments: Full text available by clicking title.

The impact of optical factors on resolution acuity in children with Down syndrome.

...Grating resolution and interferometric thresholds are reduced in children with DS. However the discrepancy between developmentally healthy children and those with DS is greater for grating resolution acuity, suggesting that degradation in optical quality is a major contributor to poor visual performance in children with DS....

Traumatic Brain Injury in Young Children: Post-Acute Effects on Cognitive and School Readiness Skills

..Previous studies have documented weaknesses in cognitive ability and early academic readiness in young children with traumatic brain injury (TBI). However, few of these studies have rigorously controlled for demographic characteristics, examined the effects of TBI severity on a wide range of skills, or explored moderating influences of environmental factors on outcomes. To meet these objectives, each of three groups of children with TBI (20 with severe, 64 with moderate, and 15 with mild) were compared with a group of 117 children with orthopedic injuries (OI group). The children were hospitalized for their injuries between 3 and 6 years of age and were assessed an

average of 1½ months post injury. Analysis revealed generalized weaknesses in cognitive and school readiness skills in the severe TBI group and suggested less pervasive effects of moderate and mild TBI. Indices of TBI severity predicted outcomes within the TBI sample and environmental factors moderated the effects of TBI on some measures. The findings document adverse effects of TBI in early childhood on post-acute cognitive and school readiness skills and indicate that residual deficits are related to both injury severity and the family environment....

Comments: Full text of article available by clicking title.

The magnocellular theory of developmental dyslexia

...In dyslexics, the development of the visual magnocellular system is impaired: development of the magnocellular layers of the dyslexic lateral geniculate nucleus (LGN) is abnormal; their motion sensitivity is reduced; many dyslexics show unsteady binocular fixation; hence poor visual localization, particularly on the left side (left neglect). Dyslexics' binocular instability and visual perceptual instability, therefore, can cause the letters they are trying to read to appear to move around and cross over each other. Hence, blanking one eye (monocular occlusion) can improve reading. Thus, good magnocellular function is essential for high motion sensitivity and stable binocular fixation, hence proper development of orthographic skills. ...

Residencies

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South wall.

Residencies Programs Affiliated with Southern California College of Optometry

California - 7 Residencies

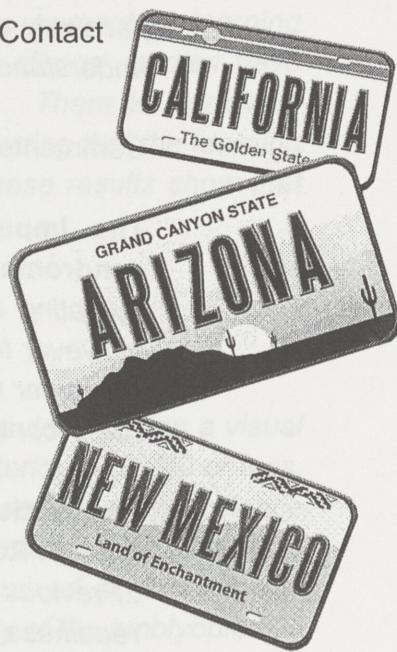
Pediatric Optometry and Vision Therapy, And Cornea and Contact Lenses, Fullerton
Ocular Disease/Low Vision Rehabilitation, Los Angeles, CA
Geriatrics/Primary Care, West Los Angeles
Primary Eye Care – Dept. of Veterans Affairs, Sepulveda
Low Vision Rehabilitation, Los Angeles
Primary Care/Ocular Disease, San Diego

Arizona - 4 Residencies

Primary Eye Care/Low Vision Rehabilitation, Tucson
Primary Eye Care/Ocular Disease, Sacaton
Primary Eye Care-Indian Health Service, Kayenta
Primary Eye Care- Indian Health Services, Chinle

New Mexico - 3 Residencies

Primary Eye Care-Indian Health Service, Crownpoint
Primary Eye Care-Indian Health Service, Gallup
Primary Eye Care-Indian Health Service, Shiprock



Nevada – 1 Residency
Ocular Disease, Las Vegas

Utah – 1 Residency
Primary Eye Care – Dept. of Veterans Affairs, Salt Lake City

Washington – 2 Residencies
Primary Eye Care, Seattle
Primary Eye Care with Specialty Contact Lens, Tacoma

Residencies Programs Affiliated with Pacific University College of Optometry
Nevada
Ocular Disease/Refractive & Ocular Surgery, Reno and Las Vegas

Oregon
Primary Eye Care - Department of Veterans Affairs, Portland and Roseburg
Cornea & Contact Lenses, Forest Grove and Portland
Vision Therapy Rehabilitation & Pediatric Optometry, Forest Grove and Portland

Washington
Primary Eye Care/Geriatric Optometry - Department of Veterans Affairs, Spokane
Geriatric Optometry, Primary Eye Care - Department of Veterans Affairs, VA
Primary Eye Care/Refractive & Surgical Co-Management - Dept. of Veterans Affairs, Walla Walla

British Columbia
Primary Care, Refractive & Ocular Surgery Co-Management, Langley

Residencies Affiliated with Ferris State University
Michigan

Ocular Disease, Battle Creek VA Medical Center
Pediatric, Ferris State University
Ocular Disease, Jackson
Cornea and Contact Lens, Michigan College of Optometry
Ocular Disease, Grand Rapids VA Outpatient Clinic
Ocular Disease/Primary Care, Detroit

Indiana
Ocular Disease/Primary Care - VA Northern Indiana Health Care System, Fort Wayne



Residencies Affiliated with State University of New York State College of Optometry

Cornea and Contact Lenses
Family Practice Optometry
Family Practice/Ocular Disease Optometry
Low Vision Rehabilitation
Ocular Disease Optometry
Pediatric Optometry
Primary Eye Care Optometry
Vision Rehabilitation (Acquired Brain Injury)/Primary Eye Care Optometry
Vision Therapy and Rehabilitation
VA Ocular Disease/Primary Eye Care Optometry
VA Primary Eye Care Optometry
VA Primary Eye Care/Vision Therapy and Low Vision Rehabilitation

Classifieds

Work Study in Student Affairs

Work study student needed for Friday afternoons in the Student Affairs Office. Some of the job duties/responsibilities are listed below:

- Greets applicants on campus for counseling
- Conducts campus tours as needed for counseling appointments & visitors
- Performs various clerical duties as needed (i.e. open & date mail, filing)
- Creates Applicants Files
- Prepares Interview Files
- Prepares information on Microsoft Computer programs
- Inputs information on the CARS computer program
- Covers front reception desk (i.e. provides information to students & staff/answer phones)
- Must dress in clinic attire

Please contact Sharon Uher at x7405 or suher@ico.edu if interested.

Tour Guide Work Study

We are looking for a student to work as an Admissions Tour Guide for Tuesday afternoons (12 noon - 1:30 PM) for winter quarter. The position entails: Conducting campus tours for prospective applicants who have been invited to have an admissions interview along with family and guests. Will conduct question and answer session with students and guests during lunch. Asked to occasionally conduct tours for various VIP's and also tour guides are asked to participate in various on-campus events. Dress is clinic attire.

If you are interested, please see Teisha Johnson in the Admissions Office located in the Student Affairs Department.

Scholarships

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

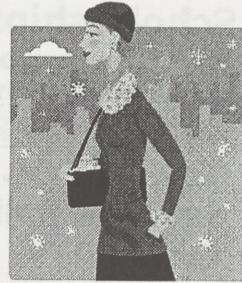
| Scholarship | Who's Eligible | Amount | Deadline |
|--|---|---|--|
| The 2010 Dr. Seymour Galina Grant | <ul style="list-style-type: none"> • Third Year Student • Good academic standing • Submit a paper | \$2,500 | To Student Affairs by January 11, 2010 (submit with W-9 form) |
| 2010 InfantSEE® Scholarship Grant, sponsored by Vision West, Inc. | <ul style="list-style-type: none"> • Third Year Student • Good academic standing • Submit a paper | \$2,500 | To Student Affairs by January 11, 2010 (submit with W-9 form) |
| Alcon – 4th Year Optometry Student 2010 Case Study Award | <ul style="list-style-type: none"> • 4th Year Students • Write a case report | \$1,000, overall national award winner will receive additional \$5,000 | January 31, 2010 |
| Varilux Student Grant Award Program | <ul style="list-style-type: none"> • 3rd and 4th Years • Submit case report using Varilux lenses | \$1,000 and entry to national judging | Student affairs by Jan 8 , 2010 in electronic format |
| ASCO Student Award in Clinical Ethics | <ul style="list-style-type: none"> • 3rd and 4th Year • Essay of up to 1,500 words • | \$1,000 and plaque | |
| 2010 CLCS Essay Awards | <ul style="list-style-type: none"> • Current AOSA Member • Paper on selected topic • Guidelines at http://www.aoa.org/x7339.xml | 1 st - 2,000 and \$850 travel grant to Optometry's Meeting® Runner-up - \$1,000 and certificate | February 15, 2010 |
| Jewish Federation Academic Scholarships | <ul style="list-style-type: none"> • Enrollment in "helping" profession • Legal domicile in greater Chicago area • Jewish | From \$1,000 to \$8,000 | February 15, 2010 Apply at online: www.jvschicago.org |
| Student of Vision Scholarship-Transitions Optical Inc. | <ul style="list-style-type: none"> • Project in any format on Children's Vision | \$1,000 for category winner, and \$500 for additional winners | March 10 to education@transitions.com |
| BSK Student Research Grant Program | <ul style="list-style-type: none"> • Application outline form • Check 222.betasigmakappa.net | \$1,000 | April 10, 2010 |

The Student Affairs Office has more information, so stop by and check it out

Fitness Corner

December Health & Wellness Tip: Quick Stress Relief

Want to be more effective at ICO? Take a "wellness break" during the day and go for a walk! Exercise helps to make you more alert, efficient, and thereby more productive. Just a few minutes can do wonders for your mood and relieve stress. So take 10-15 minutes to walk at lunch, or use your breaks to get in steps around ICO. Try inviting your colleagues to come along, and use the time to discuss upcoming projects or just relax.



Winter Group Exercise Classes begin Thursday, December 3rd!

| Monday | Tuesday Massage Day | = Wednesday | Thursday | Friday Except 12/04 |
|--|---------------------------------|--|--------------------------------------|---------------------------------------|
| Indoor Cycle 10:45-11:30am Kristine L. | Pilates 10-11am Shirmel | | Step 11am-11:45am Kristine L. | |
| | | Hatha Yoga 1-1:45pm Dr. Z | Pilates 12-12:50pm Shirmel | Intro Step 11:30am-12pm Shirmel |
| Hatha Yoga 5-6pm Dr. Z | Step 6-6:45pm Kristine L. | Bellydancing 5:30-6:30pm Cherie N. | Indoor Cycle 5-6pm Kristine L. | |

Visit the Fitness page on the View to find the most up-to-date schedule.
<http://theview.ico.edu/ics/Fitness/>



Focal Point

C A M P U S N E W S

A Time for Reflection & Goal Setting

This will be the last newsletter that you will receive prior to leaving for your holiday break. As students, your schedules are so busy with classes, labs, tests and assignments that perhaps you have not had much time to relax and enjoy the beauty of the holiday season.

The holidays will hopefully present each of you with some much needed time for rest and reflection. I urge each of you to use some of that time to reflect upon your career development to this point. You each selected ICO's excellent doctoral education program to assist you in becoming an outstanding doctor of optometry. This is accomplished in a number of ways both in and outside of the classroom. Take some time to reflect upon your personal development. Are you progressing at the rate that you want? Are you getting everything possible out of your ICO education? Most find that what you get out of your education is directly related to the amount of effort that you have put into it. Have you been putting in maximum effort?

Perhaps the holidays would be a good time for you to set some personal goals to fulfill upon your return to the many outstanding resources available to you during your remaining time at ICO.

In closing, let me issue my yearly challenge to each of you to take even a short moment to watch and appreciate a child's eyes and face as they observe the beauty of the decorations, lights and the wonder of Santa Claus.

This is a wonderful season and you should enjoy its magic.
Best wishes to all for safe travels and happy holidays! See you next year!

Dr. Colip

The next Focal Point will come out the beginning of January, 2010.



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From the Mailroom: Holiday Mailing and Shipping Ideas

Holiday Cards

Please have your pre- stamped cards bundled (with a rubber band) and put them in the out going mail tray.



If your cards need to be posted please give them to someone in the mailroom with the correct postage, .44¢ PER CARD. The mailroom will accept a check made out to ICO, however we cannot accept credit cards.

To insure delivery before the holidays, cards should be mailed no later than December 18th, 2009. If you are sending cards internationally have them in the mail by December 11th or earlier. If you need a zip code, go to www.usps.com.

Shipping Packages

The mailroom can provide brown wrapping paper, package sealing tape and a place for you to wrap your packages.

Please remember that the only way we can send out a package that is insured and trackable is to ship it via UPS. Depending on weight, UPS rates are usually less costly than 1st class mail and the heavier the package the greater the price difference.

UPS cannot accept any packages that are addressed to P.O. Boxes. If you must send your package using the USPS system please come down and wrap your package. You can then take your package to a United States Postal Station where they can insure the package.

UPS and FedEx Express overnight and second day services are available.

Please be aware that only FedEx service can be billed to your student account.

If you have questions or need further information we will be happy to assist you. Come to the mailroom or contact Daisy at X7085 or Diane at X7087.

Tech Tips

Ahmed Mohammad

What is the FIICU Student Select Agreement?

The FIICU Student Select Program is for personal software purchases. Students, faculty, and staff can acquire Microsoft software at discounts that translate into a savings of over 87% off the Academic Full Packaged Product that students, faculty and staff are otherwise eligible to purchase. All you need to do is point your students, faculty, and staff to the Student Select web portal at www.shopscholar.com.

ScholarBuys administers the entire program for FIICU members from order taking, authenticating academic identification, shipping, payment, and customer service. ScholarBuys also provides the FIICU schools with free marketing materials including; customized fliers, posters, HTML banners, and email scripts.

FIICU schools are also able to download flyers for redistribution at

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www.scholarbuys.com/fiicu (scroll to bottom on page).

Is your school taking advantage of the Windows 7 Promo?

Windows 7 Promo:

Timeframe: November 3rd, 2009 to December 31, 2009

Products: Windows 7 Pro Upgrade

Price: \$39.95

Windows 7 Pro Upgrade is available for \$39.98 through the FIICU Student Select Program. Please alert your campus regarding this unique offer while it lasts

Please contact if you have any questions.

Bob Smith | ScholarBuys | Director of Sales & Marketing | www.scholarbuys.com
877.999.9294 x103 | Direct: 847.783.7213 | Fax: 866.593.1834 | AIM: bobsmitx220

Please join the ScholarBuys Facebook fan page!

www.facebook.com/ScholarBuys

Quote: People tend to hate things that they don't understand.

Continuing Education – Feb. 21

Come join us on Sunday, February 21, 2010 for 8 hours of continuing education right here at ICO. Six of the hours will be available as TQ, and as always, faculty and students are welcome to attend free of charge. For more information or to register, please check the website or email the CE Coordinator at continuinged@ico.edu. Hope to see you there!

Spotlight on the Library

by Jeff Proehl, Information Systems Librarian and
Theresa Ciupinski, Library Service Clerk

Special Library Hours in December and January

Friday, December 18 8:00 am-1:30 pm

Saturday, December 19-

Sunday, December 20 Closed

Monday, December 21-

Tuesday, December 22 8:00 am-5:00 pm

Wednesday, December 23-

Sunday, January 3 Closed

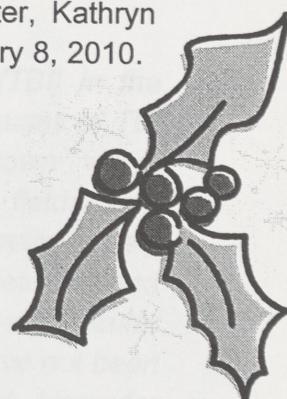
Monday, January 4 Resume normal hours

Congratulations to Kathryn Johnston

After six months as the "Acting Director" in the Learning Resource Center, Kathryn Johnston will officially become the Director of Learning Resources on January 8, 2010. Congratulations Kathryn!

Reserve Books, Digital Cameras, Laptops

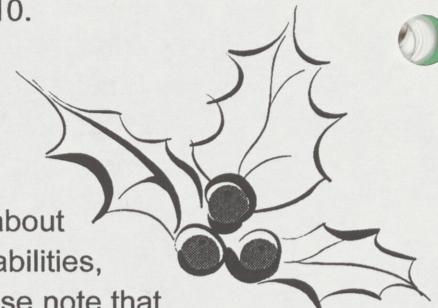
Due to the long holiday break, any reserve books, reference books or equipment checked out after 10:30 am on Friday, December 18 will not be due until 9:00 am on Monday, January 4. They all may be checked out on a first come, first served basis. We will hold back one copy of each reserve title for students who want to study on Monday-Tuesday, December 21-22.



Interlibrary Loan or Photocopy Requests

Due to the holiday break, the Library will not respond to any interlibrary loan or photocopy requests from December 23, 2009 until January 4, 2010.

Happy Holidays and we look forward to seeing you in the 2010!



Maino's Memos

Maino's Memos contains the latest research and information about eye and vision care of children, those with developmental disabilities, Traumatic/Acquired Brain Injury and other topics of interest. Please note that if you are reading this online, all links should be active. Click on the titles for more information. Go to:

<http://www.mainosmemos.blogspot.com> for the latest research.

A Wise Quote

Science, my lad, is made up of mistakes, but they are mistakes which it is useful to make, because they lead little by little to the truth.

Jules Verne (1828-1905)

Comments: As we learn optometry....we must also accept that, from time to time, we will make mistakes. I just suggest that each time you make a mistake that it is a NEW mistake and not the same one over and over again! DM

Department of Veteran's Affairs and the Department of Defense Program in Chicago

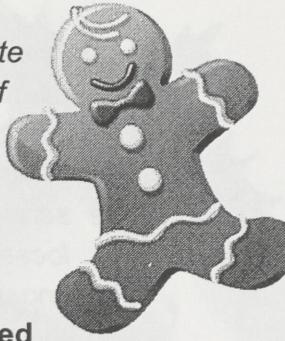
I recently had a chance to go to a VA/DoD sponsored meeting in Chicago that had to do with sensory loss and those with Traumatic Brain Injury. One of the speakers, a noted low vision specialist, stated that: "Sometimes the best low vision device we can prescribe is a hearing aid." That noted low vision specialist was an ICO alum and my brother, Dr. Joseph Maino, Chief of Optometry at the Kansas City VA. His point being, sometimes what is most needed for our patients lies beyond our expertise and we should always think beyond our realm of comfort to best serve our patients' needs. DM

Pharmacological management of neurobehavioral disorders following traumatic brain injury—A state-of-the-art review

Abstract—*Pharmacological management of neurobehavioral disorders following traumatic brain injury (TBI) is common practice. However, the evidence available to guide this practice remains sparse. This review summarizes, in brief, the state of knowledge, organized via a time continuum from injury as well as by symptom complex. The areas of neuroprotection, hypoarousal, attention and memory deficits, aggression, agitation, depression, and mania are reviewed. The literature was searched with PubMed on the terms "traumatic brain injury" or "brain injury" with "pharmacology" (and the symptoms according to which this review is arranged). Additional searches were conducted with the specific symptoms as search terms, crossed with the therapeutic agents or drug classes discussed. Where a paucity of prospective data exists, case reports and retrospective studies are included. Studies to date have yielded minimal positive evidence for enhancing function, memory, and behavior after TBI. No single agent likely will become sentinel in the*



recovery process, and combination therapy in the acute and postacute settings are required. A need exists to further define the role of psychopharmacology in postacute TBI medicine and the specific characteristics of subpopulations who might benefit.



Comments: Go to [MainosMemos](#) for PDF. DM

Auditory and visual impairments in patients with blast-related traumatic brain injury: Effect of dual sensory impairment on Functional Independence

Abstract—The frequencies of hearing impairment (HI), vision impairment (VI), or dual (hearing and vision) sensory impairment (DSI) in patients with blast-related traumatic brain injury (TBI) and their effects on functional recovery are not well documented. In this preliminary study of 175 patients admitted to a Polytrauma Rehabilitation Center, we completed hearing and vision examinations and obtained Functional Independence Measure (FIM) scores at admission and discharge for 62 patients with blast-related TBI. We diagnosed HI only, VI only, and DSI in 19%, 34%, and 32% of patients, respectively. Only 15% of the patients had no sensory impairment in either auditory or visual modality. An analysis of variance showed a group difference for the total and motor FIM scores at discharge ($p < 0.04$). Regression model analyses demonstrated that DSI significantly contributed to reduced gain in total ($t = -2.25$) and motor ($t = -2.50$) FIM scores ($p < 0.05$). Understanding the long-term consequences of sensory impairments in the functional recovery of patients with blast-related TBI requires further research.

Advances in neuroimaging of traumatic brain injury and posttraumatic stress disorder

Abstract—Improved diagnosis and treatment of traumatic brain injury (TBI) and posttraumatic stress disorder (PTSD) are needed for our military and veterans, their families, and society at large. Advances in brain imaging offer important biomarkers of structural, functional, and metabolic information concerning the brain. This article reviews the application of various imaging techniques to the clinical problems of TBI and PTSD. For TBI, we focus on findings and advances in neuroimaging that hold promise for better detection, characterization, and monitoring of objective brain changes in symptomatic patients with combat-related, closed-head brain injuries not readily apparent by standard computed tomography or conventional magnetic resonance imaging techniques.

Comments: Go to [MainosMemos](#) for PDF of paper. DM

Eye and visual function in traumatic brain injury

Abstract—Combat blast is an important cause of traumatic brain injury (TBI) in the Department of Veterans Affairs polytrauma population, whereas common causes of TBI in the civilian sector include motor vehicle accidents and falls. Known visual consequences of civilian TBI include compromised visual acuity, visual fields, and oculomotor function. The visual consequences of TBI related to blast remain largely unknown. Blast injury may include open globe (eye) injury, which is usually detected and managed early in the rehabilitation journey. The incidence, locations, and types of ocular damage in eyes without open globe injury after exposure to powerful blast have not been systematically studied. Initial reports and preliminary data suggest that binocular

function, visual fields, and other aspects of visual function may be impaired after blast-related TBI, despite relatively normal visual acuity. Damage to the ocular tissues may occur from blunt trauma without rupture or penetration (closed globe injury). Possible areas for research are development of common taxonomy and assessment tools across services, surgical management, and outcomes for blast-related eye injury; the incidence, locations, and natural history of closed globe injury; binocular and visual function impairment; quality of life in affected service members; pharmacological and visual therapies; and practice patterns for screening, management, and rehabilitation.

Comments: Go to MainosMemos for PDF of paper. DM

Charles Bonnet syndrome

A friend and colleague (Samantha Slotnick, O.D., F.A.A.O., F.C.O.V.D.) of mine sent this email:

...A non-VT OD friend of mine cued me into this wonderful video. Oliver Sacks discusses, as an experience of non-psychotic hallucinations in the visually impaired. Conjecture is that the lack of cortical stimulation in those with acquired visual loss results in hypersensitivity in the visual cortex, particularly over certain regions, observable with fMRI. The result is visual experience in the absence of visual stimulus. Parallel occurrences with auditory hallucinations in the hearing impaired....

Comments: It is interesting because this talks about visual hallucinations in those who are blind. DM

Chocolate Is Associated with Lower Mortality Following First MI

Just in time for the holidays!!!

Amount of chocolate consumption was related inversely to cardiac-related mortality during an 8-year follow-up

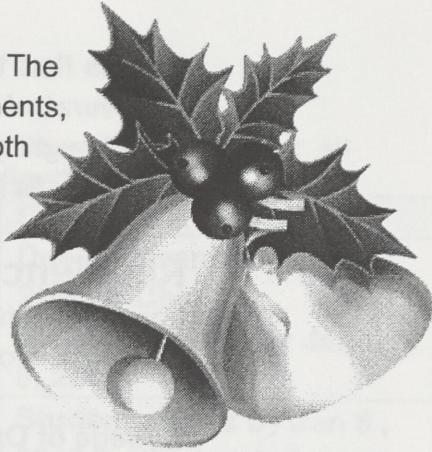
Several studies have suggested that chocolate, perhaps in a process mediated by its antioxidant content, protects the heart (JW Gen Med Jul 10 2007 and JW Gen Med Sep 23 2003). A Swedish team identified 1169 nondiabetic patients who were hospitalized with initial nonfatal myocardial infarctions. Detailed food histories for the preceding 12 months were completed by 86% of patients; participants were followed for an additional 8 years.

Compared with patients who never ate chocolate, those who ate chocolate less than once monthly suffered 27% less cardiac-related mortality (after multivariate adjustments); risk was 44% lower for weekly chocolate eaters and 66% lower for those who ate chocolate two or more times weekly. Nonfatal adverse cardiac events, strokes, and total mortality, however, were not related clearly to chocolate consumption. Consuming other sweets (e.g., cookies, cakes, ice cream) had no relation to cardiac mortality.

Comment: The strengths of this study are its size and long-term follow-up. The main weakness is that chocolate consumption was assessed only once, during hospitalization for initial MIs, and not during follow-up. To me, the most interesting result of the study is that chocolate strongly protected against

cardiac mortality but not against adverse cardiac events. The same finding has been reported for ω -3 fatty acid supplements, which suggests that the primary beneficial effect of both chocolate and ω -3 fatty acid supplements is in suppressing arrhythmias.

My Comments: Now I can honestly tell my wife that my chocolate addiction will allow me to avoid cardiac problems later on in life!! Yummy! (BTW this goes for red wine too!!)
DM



Green tea chemical combined with another may hold promise for treatment of brain disorders

...Scientists at Boston Biomedical Research Institute (BBRI) and the University of Pennsylvania have found that combining two chemicals, one of which is the green tea component EGCG, can prevent and destroy a variety of protein structures known as amyloids. Amyloids are the primary culprits in fatal brain disorders such as Alzheimer's, Huntington's, and Parkinson's diseases. Their study, published in the current issue of *Nature Chemical Biology* (December 2009), may ultimately contribute to future therapies for these diseases. ...

New Brain Connections Form Rapidly During Motor Learning

...The researchers studied mice as they were trained to reach through a slot to get a seed. They observed rapid growth of structures that form connections (called synapses) between nerve cells in the motor cortex, the brain layer that controls muscle movements.

Childhood Lead Exposure Damages the Brain

...New research indicates that early childhood exposure to lead may cause permanent brain damage.

The new Cincinnati Children's Hospital study revealed a connection between higher lead levels and decreased activation in areas of the brain, including the parietal region. Researchers say white matter, part of the brain that matures early in life, adapts to the lead exposure. The last part of the brain to develop, the frontal lobe, is damaged by the lead exposure as it matures....

Down syndrome increases among U.S. children

...Older average maternal age may have contributed to a 31.1% increase in the number of babies born with Down syndrome from 1979 to 2003, researchers believe.

During this time period, the prevalence of Down syndrome at birth increased from 9.0% to 11.8% per 10,000 live births, data pooled from 10 U.S. regions indicated, with prevalence rates five times higher among babies born to mothers who were aged 35 or older compared with younger mothers (38.6 per 10,000 vs. 7.8 per 10,000). ...

Cover Story December Issue of Optometric Management

The editors at *Optometric Management* liked my article, Identify Binocular Vision Disorders, so much, that it will be the cover story for the December 2009 issue. Hopefully, the article will be available by the time Focal Point comes out!

For the first time researchers show reversal of earliest sign of retinal aging, using a resveratrol-based nutriceutical matrix (Longevinex(R))

Just thought you'd be interested. Stuart Richer OD, PhD, Chief, Optometry Section at the Veterans Medical Center in North Chicago is a colleague and friend. DM

Residencies

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South wall.

College of Optometry affiliated with University of Missouri St. Louis

- College of Optometry Residency in Cornea and Contact Lenses,, UM-ST. Louis, MO
- Residency in Pediatric Optometry, Children's Mercy Hospital and Clinics, Kansas City, MO
- Ocular Disease and Low Vision Rehabilitation, Kansas City VA medical Center - MO
- College of Optometry Residency in Pediatrics and Binocular Vision, UM-St Louis, MO
- Primary Care/Low Vision Rehabilitation at the Robert J. Dole VA Medical Center, Wichita, KS
- Primary Care/Geriatrics St. Louis VA Medical Center, St. Louis MO



Residencies from SCO

- Eye Care Professionals, PC, Hamilton Square, NJ
- Family Eye Care Associates, PC, The Vision & Learning Center, Fair Lawn, NJ
- Appelbaum Eye Care Associates, PC, Annapolis and Bethesda, Maryland
- Child and Family Optometry, Wichita, KS
- Vision Therapy Group and Sensory Learning Center, Flint Michigan

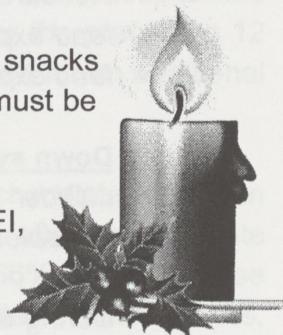
Blazin the Nets for IEIF - Reminder

Save the date for January 15, 2010 5 pm to 7 pm to raise money for the charitable services of IEI.

\$5 admission fee for each person to attend. Soft drinks, beer and snacks and raffle ticket for a chance to win a pair of Bulls Tickets (winner must be present)

It will be a FUN event to raise money for the charitable services of IEI, helping patients in need.

Dr. Vince Brandys



Scholarships

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

| Scholarship | Who's Eligible | Amount | Deadline |
|--|---|---|---|
| ASCO Student Award in Clinical Ethics | <ul style="list-style-type: none"> • 3rd and 4th Year • Essay of up to 1,500 words • | \$1,000 and plaque | Due electronically to Sharon Uher Suher@ico.edu by January 8, 2010 |
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| Chicago Area Schweitzer Fellowship | <ul style="list-style-type: none"> • Health professions, Graduate level-degree in Chicago Area • Projects include 200 hrs through a community based agency | \$2,000 stipend | Feb 1, 2010 to the Chicago Area Schweitzer Fellow Program. Look online at http://www.hmprg.org |
| Western Union Foundation's Family Scholarship Program | <ul style="list-style-type: none"> • Country of origin for at least one of the applicants must be outside the US • Will help two members of same family | \$1,000 to 5,000 | Feb 5, 2010 http://foundation.westernunion.com/ourProgramsScholarships.html |
| 2010 CLCS Essay Awards | <ul style="list-style-type: none"> • Current AOSA Member • Paper on selected topic • Guidelines at http://www.aoa.org/x7339.xml | 1 st - 2,000 and \$850 travel grant to Optometry's Meeting® Runner-up - \$1,000 and certificate | February 15, 2010 |
| Jewish Federation Academic Scholarships | <ul style="list-style-type: none"> • Enrollment in "helping" profession • Legal domicility in greater Chicago area • Jewish | From \$1,000 to \$8,000 | February 15, 2010 Apply at online: www.jvschicago.org |

| | | | |
|--|---|---|--|
| Student of Vision Scholarship- Transitions Optical Inc. | <ul style="list-style-type: none"> Project in any format on Children's Vision | \$1,000 for category winner, and \$500 for additional winners | March 10 to education@transitions.com |
| BSK Student Research Grant Program | <ul style="list-style-type: none"> Application outline form Check 222.betasigmakappa.net | \$1,000 | April 10, 2010 |
| 2010 Dr. Stanley Pearle Scholarship Fund (OneSight Research Foundation) | <ul style="list-style-type: none"> Students Graduating in class of 2011, 2012 or 2013 Complete application- Scholarships will be awarded on a competitive basis | Ten Scholarships of \$2,000 | April 15, 2010 to OneSight Research Foundation Scholarship Committee |

The Student Affairs Office has more information, so stop by and check it out

Fitness Corner

December Health & Wellness: Holiday Weight Gain

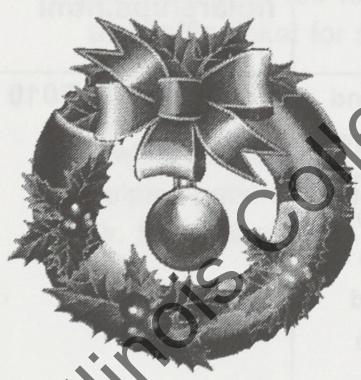
Most Americans are likely to gain three to seven pounds during the holiday season! Considering that the average traditional holiday meal packs approximately 3,000 calories, for good health it's well worth introducing new flavors, substituting ingredients and replacing some dishes—say a 180-calorie slice of pumpkin pie for the calorie-rich 480-calorie slice of pecan pie. You'll keep the family peace and weight scale happy.

Winter Break Workout

Don't let the holidays derail your health goals. You can now find popular workouts like Pilates for Men, Crunch Kickbox Party, Red Hot Salsa, and lots more in the library. See Irma Chavez in the library for information on checking out a dvd or vhs.

Got a VHS Player?

Interested in VHS fitness videos? The Fitness department has started spring cleaning a bit early this email. Send an email to fitness@ico.edu for more information.



Wishing you a happy & healthy holiday season!

***Shirmel Richards
& the entire Fitness Department***

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